

Supporting Staff Wellbeing: Resources



(Last accessed 13/02/26)

Resources	Overview	Signposting QR code links
DfE Improved workload and wellbeing for school staff	These resources have been shared by school leaders and provide specific examples that have worked in schools. You can use them as they are, or adapt them to meet the needs of your setting.	
Education Wellbeing Charter	This charter sets out commitments from the DfE department, from Ofsted and employers working in education on actions to protect and promote the wellbeing of education staff.	
Improving staff wellbeing in schools and colleges	A guide to measuring staff wellbeing and developing an action plan. Practical steps to implementing the Education staff wellbeing charter through 5 key drivers.	
MIND	Open and supportive workplaces benefit everyone. Mind have produced a series of free resources to help improve mental wellbeing in your workplace which you can read online or download.	
LIFEbeat: Top Tips for School Professionals	These 10 Top Tips for School Professionals offer ideas for nurturing our own mental health & wellbeing.	
Little Book of Mental Health	This booklet is aimed at adults and young people aged 16 years plus. It provides helpful tips for staying healthy and a list of local and national organisations for additional help and advice.	
British Red Cross	Your mental and physical wellbeing plays an important role in your overall health and also how you deal with difficult and challenging situations. Learn how to take care of your wellbeing, as well as that of others, with our activities.	



Supporting Staff Wellbeing: Resources



(Last accessed 13/02/26)

The Somerset Emotional Wellbeing Podcast	Dr. Tresidder, Dr. Staveley and Dr. Bagshaw are joined by expert guests for weekly health and wellbeing discussions.	
MHFA England	The MHFA England Take 10 Together toolkit includes ready-to-use materials to support mental wellbeing in your workplace, school or community, while showing the importance of Mental Health First Aid training.	
Public Health children & young people's workforce training	Public Health offer a range of funded training programmes available for Somerset Schools, Colleges and Children & Young People Practitioners.	
Mental Health Toolkit	Information and support about mental health and emotional health & wellbeing	
Dealing with Traumatic Incidents - Critical Incident Guidance for schools	Somerset Educational Psychology Service (EPS) produce advice and information for school staff in dealing with traumatic incidents.	
Anna Freud National Centre for Children & Families	A ten ways guide to supporting school staff wellbeing.	
Senior Mental Health Leads (SMHL)	A collection of examples of practice, ideas and activities that are already happening across Somerset schools.	

