



Sources of help for school staff

If you are feeling stressed, anxious or down, or are concerned about someone else, you may find it useful to consult the help sources listed here.

If you are experiencing **extreme feelings of distress**, we strongly encourage you to speak to your GP, so they can offer you appropriate help and support.

NHS choices

An information hub offering advice and help on mental health problems including depression, anxiety and stress

<http://www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx>

Well Aware

A signposting and information service for health and wellbeing organisations and events in the local area

www.wellaware.org.uk

Local IAPT Services (Improving Access to Psychological Therapies)

Find web links to your local service here:

www.iapt.awp.nhs.uk

Samaritans

www.samaritans.org

Helpline (24/7): 116 123 /0845 909090

Email: jo@samaritans.org

SANE

One of UK's leading charities concerned with improving the lives of those affected by mental illness

www.sane.org.uk

Helpline (24/7): 0945 7678000 / 0845 7678000

Bristol MIND

Mental health charity providing advice and information.

www.bristolmind.org.uk www.mind.org.uk

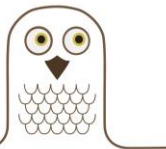
Telephone: 0117 980 0370 (9am-5pm Monday to Friday)

Email: admin@bristolmind.org.uk

QWELL

Online counselling service for adults

www.qwellcounselling.com



Depression Alliance

Information and support to people with depression and their carers, lists details of local self-help groups

www.depressionalliance.org

Email: information@depressionalliance.org

Education Support Partnership (formerly Teacher Support Network)

Online advice and information for teachers

<http://teachersupport.info/>

Helpline (24/7) for teachers: 0800 056 2561

Royal College of Psychiatrists

Leaflets and expert advice on mental health

<http://www.rcpsych.ac.uk/expertadvice.aspx>

beat (beating eating disorders)

beat is the working name of the Eating Disorders Association.

www.b-eat.co.uk

Helpline: 0845 6341414 (M-F 10:30-8:30pm and weekends 1-4:30pm)

Email: help@b-eat.co.uk

Self-Injury Support

Information and support for girls and women affected by self-injury or self-harm

<http://www.selfinjurysupport.org.uk/>

Self-injury helpline: 0808 8008088

Cruse Bereavement Care

Online advice and information

www.crusebereavementcare.org.uk

Helpline (daytime): 0844 477 9400

Email: helpline@cruse.org.uk

Winston's Wish

Practical support and guidance for bereaved children, their families and professionals

www.winstonswish.org.uk

Helpline: 0845 2030405