

# Is staff wellbeing on your agenda?



There's never been a more important time to support school staff wellbeing. Here are ten ideas to support yours.

**1**

Have a mental health lead with responsibility for staff wellbeing

**2**

Include staff wellbeing in your mental health policy

**3**

Promote openness about mental health in your school

**4**

Offer supervision and encourage discussion groups

**5**

Signpost staff to supportive services

**6**

Look at simple ways to reduce workload

**7**

Provide reflective spaces for staff at times of stress

**8**

Set up a staff social group

**9**

Start an annual staff wellbeing survey

**10**

Put staff wellbeing on your next staff and governors' meeting agenda

**Ten ways to support school staff wellbeing is free from the Anna Freud Website.**

Download and discuss at your next staff meeting: [annafreud.org/10ways](https://annafreud.org/10ways)

**Supporting schools. Supporting staff. Supporting pupils.**