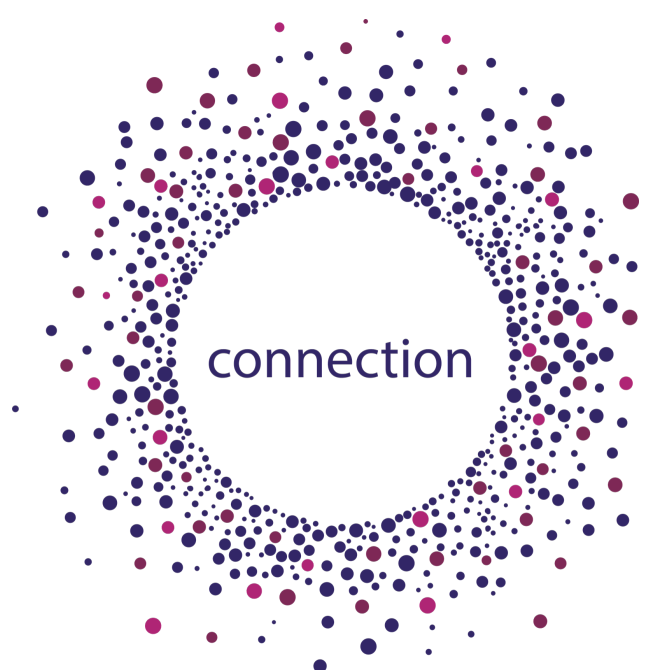


# Mental health and wellbeing support for school staff



[Education Support](#) offer a range of mental health resources for teachers and schools staff, including a 24/7 helpline where you can speak to trained counsellors. Call **08000 562 561**.

[LiveWell Dorset](#) is offering online training courses on improving your wellbeing and helping you to help others. LiveWell advisors can also help you with weight loss, getting active and cutting down on drinking and smoking. Call **0800 840 1628**.



supporting you in a crisis

Anyone who needs urgent mental health support can call [Connection](#), Dorset's 24/7 mental health helpline, for free on **0300 123 5440**. You can also phone for support and advice about helping a friend or family member.

If you're struggling to cope with stress or you've experienced a traumatic event, [Steps 2 Wellbeing](#) have psychological therapists and counsellors who can help. You can refer yourself for free support online.



There are plenty of online resources which can help you look after your mental health and wellbeing. You can find more information about these on [Dorset HealthCare's website](#). The Educational Psychology team have also put together some useful resources.