

# Occupational Health

## FREE Mental Health and Wellbeing support for School staff in Gloucestershire - 2022/23

Gloucestershire County Council have secured funding from the Contain Outbreak Management Fund (COMF) and will provide additional FREE wellbeing support to schools in Gloucestershire as part of its continued response to the recovery period of the Covid-19 pandemic and the current budgetary crisis in schools. The Occupational Health (OH) team at GCC will provide Reflective Supervision, Classroom Fatigue workshops and an Employee Assistance Programme during the 2022/2023 school year\*.

\*Services available subject to eligibility criteria and funding.



### Reflective Supervision

Reflective supervision provides a confidential space for school leaders and pastoral staff to work with a counsellor/supervisor to address the impact their work is having on them and to find ways to resource themselves to become more reflective and effective leaders.

Previous participants have reported that Reflective supervision helped them cope with the emotional demands of their work, improved self-care skills, and helped avoid stress, burnout, and sickness absence.

Reflective supervision participants will attend 4 sessions over the course of an academic year.

OH have secured funding to provide FREE sessions for up to 30 participants across Gloucestershire schools. Please see eligibility criteria below:

1. Staff working in schools under additional strain resulting from the continued aftermath of the pandemic and/or the current energy crisis.
2. Staff whose personal wellbeing is being impacted because of the additional strain mentioned above.
3. Staff who have not previously benefitted from Reflective Supervision or staff who are new to Senior Leadership or acting up with additional responsibilities such as for safeguarding or pupil mental health.

For an application form, please email [ohu@gloucestershire.gov.uk](mailto:ohu@gloucestershire.gov.uk)

## Classroom fatigue workshops

OH have developed a wellbeing workshop for school staff, titled Classroom Fatigue. Classroom Fatigue focuses on identifying signs and symptoms of burnout and exploring some of the common symptoms experienced by school staff. The workshop will give participants the opportunity to reflect on their own experiences and explore how sharing experiences and understanding the authentic self can support healing.

We have secured funding to deliver up to 20 FREE workshops to schools either onsite or online.

The workshops will be particularly appropriate for any school concerned about:

- staff wellbeing; or
- with concerns about levels of staff absence

Places on these workshops are limited, please email [ohu@gloucestershire.gov.uk](mailto:ohu@gloucestershire.gov.uk) to find out more and book a session.



## My Healthy Advantage

The app features wellbeing tools designed to improve users mental and physical wellbeing, including a personalised daily feed, a mood tracker, mini health checks and 4 week support plans.

Search and download **My Healthy Advantage** on the app store or Google play, the employee code is **MHA051864**

\*This service is being provided free of charge from 1st May 2021 - 31 March 2023.

If you have any questions about the support available from Occupational Health please contact us at

[ohu@gloucestershire.gov.uk](mailto:ohu@gloucestershire.gov.uk)

## Employee Assistance Programme\*

All staff in schools across Gloucestershire can access support from a 24 hour Employee Assistance Programme (EAP) provided by Health Assured, one of the UK's leading providers of Employee Assistance.

Health Assured EAP provides a range of information and support for staff, including:

- A counselling helpline which is available twenty four hours a day, seven days a week
- Structured counselling, up to six sessions by phone
- Cognitive Behavioural Therapy and e-counselling
- Legal advice helplines including debt advice, employment, consumer and finance
- Access to the 'My Healthy Advantage' App
- Webinars and video resources on health and wellbeing, as well as structured health plans
- A whole host of supporting materials via a dedicated website and mobile app

### How do I access the Health Assured EAP support?

- Phone **0800 028 0199** (free 24 hour helpline);
- Go to Health Assured EAP (username: **Gloucester** and password: **Council**); or
- Use Health Assured's new app '**My Healthy Advantage**'

Don't forget, OH is here to support you. If we can help, please do let us know: [ohu@gloucestershire.gov.uk](mailto:ohu@gloucestershire.gov.uk)

**The OH Team**

### Contact us:

Tel: 01452 425073 (select option 2). The line is open Monday to Friday during office hours.

Email: [ohu@gloucestershire.gov.uk](mailto:ohu@gloucestershire.gov.uk)