# All staff email to share wellbeing resources

**Subject**:

Free wellbeing services for educators

**Text**:

Dear colleagues,

I’m writing to raise awareness of free support and services that are available to you.

Education Support are the UK’s charity dedicated to improving the mental health and wellbeing of everyone working in education. Their free resources are available for teachers of all phases, lecturers, administrators, support workers and education leaders.

Education can be a challenging sector, so should you or a colleague need support or resources at any point they provide:

* 24/7 helpline - 08000 562 561

Speak to a trained counsellor who specifically understands the challenges of working in education.

* [Expert-led online resources](https://www.educationsupport.org.uk/resources/for-individuals/)

From burnout to bullying, leadership to retirement, Education Support have a huge range of resources, guides and information for specific challenges here.

* [Up-to-date support to your inbox](https://www.educationsupport.org.uk/subscribe/?gad_source=1&gad_campaignid=14939607971&gbraid=0AAAAADsIh_oL_VJ2r2qtCi9cT1i_9iFX5&gclid=CjwKCAjwtrXFBhBiEiwAEKen17hj7PsuCYKZdn7VxQ8eVB1M1iWXxiWhaa6i8axuS116aP3netHlxxoCdwcQAvD_BwE)

Sign up to their bimonthly newsletter here to receive brand new resources, webinars and more.

* [Professional supervision](https://www.educationsupport.org.uk/get-help/help-for-your-staff/wellbeing-services/professional-supervision/)

Fully funded professional supervision for school leaders to improve wellbeing

* [Free pack of wellbeing resources for staff](https://www.educationsupport.org.uk/love-teaching-it-s-time-for-change-sign-up-now/)

Practical tools to start your school’s staff wellbeing journey

You can find more support on the [Education Support website](https://www.educationsupport.org.uk/).

All support, training and resources are freely available as they’re a charity.

Kind regards,