

# Supporting SEND success: strategies for staff wellbeing

These insights and tips were shared by school staff during our webinar with NASS, when a panel of school leaders, SENCOs and SEND experts came together to discuss the pressures they face and what needs to change. Check out the full [webinar](#) for practical advice and support.

Teachers and education staff - if you're struggling, call our free, 24/7 helpline on **08000 562 561** to speak to a trained counsellor who understands your role in education.

**1**

"If your cup is empty, it's really hard to fill anyone else's cup."

**2**

"Staff face high expectations from both pupils and families. There is a desperate desire from parents that you can fix things, and they are sometimes traumatised by the educational journey that has already taken place."

**3**

"Mid-week breaks to avoid burnout, end-of-day debriefs to reflect and release stress. Code words for staff swaps, allowing a break when needed."

**4**

"Some schools are implementing AI-powered tools to provide personalised support for students with SEND and educator wellbeing resources."

**5**

"When you turn to your line manager and don't gain any support or sympathy, you feel awful. Regardless of how much you love your job, extra support is very important."

**6**

"Culture Change is the key - small things make a difference!"

