

Free wellbeing services for educators



Feeling stretched, stressed, or burnt out? You're not alone.

As the charity dedicated to the mental health and wellbeing of everyone working in education, Education Support is here for you.



Support for you:

Expert-led online resources

From burnout to bullying to retirement wellbeing, find the help you need, when you need it.

Free 24/7 helpline - 08000 562 561

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

Wellbeing pack for your school

Practical tools from Education Support to create a healthier, happier working environment for everyone.



Support for the profession:

Education Support also provides fully funded supervision for leaders, professionals to improve staff wellbeing, and research and policy recommendations to drive sector-wide change.



Explore all our support at
educationsupport.org.uk