

Do you prioritise pupil
and staff wellbeing
before your own?



Online facilitated peer support

Are you a headteacher or deputy headteacher? Would you like to access free services focused on **improving** your mental health and wellbeing?

We're here to support you with free wellbeing support services.



"It wasn't fluffy, it was real, practical advice that you could put into action."

Austin Bowers, Headteacher,
St Mary's Brymbo Primary School

Online facilitated peer support

Our peer support groups provide a **space** where you will be able to reflect on the issues you have faced during the coronavirus pandemic, as well as any ongoing challenges you continue to face. The sessions will support you in building protective resilience in a safe and supportive space.

You will participate in six 90-minute sessions in a group of six or seven school leaders. Your sessions will be run by a professional facilitator, who is a trained coach with experience of working within the education sector.

- **England:** This service is for headteachers, deputy head teachers, MAT CEOs and MAT Deputy CEOs based in state funded primary or secondary schools, who do not have current access to counselling free at the point of use in England.
- **Wales:** This service is for headteachers, deputy headteachers or assistant heads working in maintained schools in Wales.

All applicants must be able to attend six sessions of online facilitated peer-to-peer support.



School leaders, we know you usually put others first. It's time to **prioritise** your own wellbeing.

This service is free and confidential.



“It’s really, really valuable and you’ll be supported by peers who understand what you’re going through and be able to support them as well.”

Tracy Jones, Headteacher, Ysgol Merllyn Primary School

Make an enquiry: educationsupport.org.uk/leaders
or email schoolleadersservice@edsupport.org.uk