

Do you prioritise pupil
and staff wellbeing
before your own?



Individual telephone 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.



Individual telephone support

When you access our individual telephone support an accredited counsellor will help you to **reflect** on, and process any difficult feelings that arise for you in relation to either life or work events. This is a safe and confidential space. You will receive six free one-to-one sessions by telephone.

- **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 individual telephone support.



“It wasn’t fluffy, it was real, practical advice that you could put into action.”

Austin Bowers, *Headteacher,*
St Mary’s Brymb Primary School

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.”

Tracey Jones, Headteacher, Ysgol Merllyn Primary School

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



Department
for Education



Llywodraeth Cymru
Welsh Government

**Education
Support**

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