

Supporting teacher and education staff wellbeing for 145 years





About us

Our mission is to improve the mental health and wellbeing of teachers and education staff. We believe that better mental health leads to better education.

What we do

We support individuals and help schools, colleges and universities to improve the mental health and wellbeing of their staff. We also carry out research and advocate for changes in Government policy for the benefit of the education workforce.

'The person I spoke to patched me up. They helped me think about the difficult situation I was in at school and how to deal with it.'

Kate, secondary school teacher



Helpline

Don't wait for a crisis to call.

We'll offer you immediate, confidential support including advice, counselling or coaching.

08000 562 561

Call us. We'll listen.

[educationsupport.org.uk/helpline](https://www.educationsupport.org.uk/helpline)

Wellbeing services for schools, colleges and universities

Our wellbeing services will help you create an organisational culture that prioritises staff mental health and wellbeing.

[educationsupport.org.uk/services](https://www.educationsupport.org.uk/services)

Grants

Everyone occasionally needs help.

Our friendly and experienced grants team is here to help you manage short-term money worries.

[educationsupport.org.uk/grants](https://www.educationsupport.org.uk/grants)

Resources

Visit our website and discover articles, videos and guides to keep you informed about how to protect your mental health and wellbeing and that of your staff.

[educationsupport.org.uk/resources](https://www.educationsupport.org.uk/resources)

Employee Assistance Programme

Our service provides emotional and practical support that helps you and your colleagues to thrive at work.

[educationsupport.org.uk/eap](https://www.educationsupport.org.uk/eap)

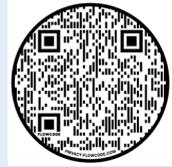
Research

We publish research including the annual Teacher Wellbeing Index, a comprehensive and robust insight into the mental health and wellbeing of all education staff.

[educationsupport.org.uk/research](https://www.educationsupport.org.uk/research)

Please make a donation

Help us be there for teachers facing a crisis. Go to educationsupport.org.uk/donate or use your phone to take a picture of this QR code to make a one off donation or set up a regular gift



Thank you



Our staff are committed to improving the mental health and wellbeing of education staff throughout the UK.

Stay in touch

Sign up for our newsletter and receive the latest news & resources for mental health of all educational professionals.

educationsupport.org.uk/subscribe



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