



# EMPLOYEE WELLBEING

## Professional Supervision

Diane Kettering (qualified counsellor) is on site 2 days a month to facilitate staff supervision sessions on a group or individual basis. Supervision gives the chance to confidentially offload, get feelings out in the open and think about how things could be approached more helpfully.



MHFA England

We have trained Mental Health First Aiders in school who can offer confidential one to one support.

Our onsite Mental Health First Aiders are;

Lisa Sharpe, Alicia Hennigan, Emma Orme, Marie Richter and Nicola Watts

If you need support you can speak to any of the above people or email [mhfa@abbotsleaschool.co.uk](mailto:mhfa@abbotsleaschool.co.uk) to request a confidential chat with one of our Mental Health First Aiders.



We provide an Employee Assistance Programme, physiotherapy, counselling and Virtual GP service via Smart Clinic.

This offers free confidential support to staff on a number of issues including stress and anxiety, legal, medical, financial, substance abuse and consumer issues.

Advice can be one off or ongoing face to face counselling or CBT (employees only).

Service can be accessed by logging on to:

<https://client.smartclinic.com/>  
using your work email - you will be prompted to create a password.

Services can also be accessed via the Smart Clinic App.



Team members can save up to £50 per year as school employees can access the headspace app for free. The app provides guided meditation and mindfulness sessions.

Use this link -

<https://www.headspace.com/educators> to create an account



**Free flu vaccinations on site are offered to all employees each Autumn - next vaccinations will be Autumn 2024.**

## **Open Door Policy**

SLT and OLT Support.

We operate an Open Door Policy and are here to offer help and support, should staff wish to discuss any issues, professional or personal (any conversations will be kept in the strictest confidence).

# OTHER HELP

**Talk Liverpool** - NHS service for adults feeling depressed or anxious - [www.talkliverpool.nhs.uk](http://www.talkliverpool.nhs.uk)

**Education Support** - charity supporting mental health and wellbeing of education staff

08000 562 561 - telephone support with counsellors

07909 341 229 - text support

**Liverpool Domestic Abuse Service** - supporting women who experience domestic abuse -

<https://liverpooldomesticabuseservice.org.uk/>