

Look after yourself



Need to talk? You're not alone.

Our school is committed to fostering a safe, supportive culture where staff wellbeing is prioritised and protected.



Talk to someone at school

If you are feeling overwhelmed, stressed, or just need to chat, please reach out to a colleague, your line manager, or a member of the leadership team. Our doors are always open, and your wellbeing matters to us.



Free, confidential 24/7 support

If you prefer to speak to someone externally, the Education Support Helpline (08000 562 561) offers free, confidential 24/7 support for all school staff.

