



TrinityLearning: Links to national and local organisations offering mental health support for education staff and pupils during Covid 19.

Education Support Partnership 24/7 support service

UK-wide: 08000 562 561 day or night

This service is free and available to all school staff. This organisation provides mental health support for those in the education workforce. They offer counselling, coaching, and referrals via phone or text service. They can offer financial support for those experiencing hardship. Their website has a range of online resources including some excellent advice on supporting each other in schools.

<https://www.educationsupport.org.uk/coronavirus-support/supporting-education-staff>.

Oxford Health 24/7 mental health helpline for adults and children in Oxfordshire & Buckinghamshire available through calling 111

This service is designed for those who need mental health care when their situation is not life threatening. It can be used to find out when and where to get help and to access support from mental health professionals for a range of conditions and symptoms including anxiety, low mood, stress, and worry.

Family Links: The Centre for Emotional Health

The Family Links website (<https://www.familylinks.org.uk/>) has a range of useful advice and activities specifically collated and produced for use at this time. We particularly liked the many useful [resources for parents](#) and the [C-19 Support videos and links](#).

General wellbeing – online Pilates classes

Gillian Frost Pilates: Gillian has welcomed many key workers to her Pilates classes on Zoom during 'Lockdown'. Many of them have reported benefits to their mental well-being due to the social interaction with other class members. If you would be interested in joining the classes (which operate mornings and evenings) please call Gillian to discuss on 07981 362867

VR Pilates run by Virginia Richardson: Virginia provides mat-based classes with small Pilates equipment for all ages and all abilities. Classes are online making them easy for all to access. You will find classes Monday to Friday in the mornings, lunchtimes and evenings. Please email info@virginiarichardson.co.uk for further details or call 07989 949 226.

If you, a child you teach or a family you know is suffering from a recent bereavement, TrinityLearning has free help and advice packs for both adults and children. We can also provide free, pre-prepared activities to help support discussion about feelings and promote good mental health for children to do at home or at school.

Please email trinitylearning@gmail.com if you would like to know more.