

# Supporting staff health & wellbeing in schools during Covid-19



## Occupational Health Support

The GCC Occupational Health team is available to help your school manage your health and wellbeing. If you have any concerns about COVID-19 please refer to our FAQ's on schoolnet or request a copy from your head teacher.

**Occupational Health:**  
**01452 425073 (option 2)**



## Counselling and Emotional Support

Occupational Health offer **one to one** and group sessions for bereavement, trauma and anxiety relating to Covid-19. **Fast track** service for teachers and key workers during Covid-19 ask your Head or line manager to refer you.

**24/7 self referral service EAP (Health Assured) 0800 030 5182** (check first your school buys this service).

**Online anonymous support available at [www.qwell.io](http://www.qwell.io)**



## Loss, Bereavement and Trauma

Many of you may be returning to work having dealt with your own personal losses and trauma. We recognise that there is sometimes a need to talk to a professional who can help us re integrate into work and everyday life. You are not alone. Ask your school to make an immediate referral to the Occupational Health team, we have counsellors and skilled staff on stand by to help.

Schools can ring **01452 425073 option 2** – for more info. Alternatively if you would like to speak to someone outside of work CRUSE offer a bereavement service or speak with your GP or NHS provider, check local press for details.



## Financial Support

We recognise the impact that financial worries can have on wellbeing. Through our Employee Assistance Programme you have access to a free confidential helpline, a variety of useful tools and calculators to help manage your finances and plan household budgets during the Covid-19 outbreak.

Visit **[healthassuredeap.co.uk](http://healthassuredeap.co.uk)** or call the **EAP on 0800 030 5182** (check first your school buys the service).

In the community help is available with finance from the Community Wellbeing Service – check local press for details in your area.



## Domestic Abuse

The National Domestic Abuse helpline has seen a 25% increase in calls and online requests for help since the Covid -19 lockdown.

If you're concerned for yourself or someone else, find information and support from the **Gloucestershire Domestic Abuse Support Service GDASS call 01452 726570**



## Alcohol and lifestyle advice

During the Covid -19 lockdown many of us have turned to self medicating by way of alcohol, substance misuse or over eating as a way to lessen the effects of anxiety and isolation.

Free and confidential advice is available from **Gloucestershire Healthy Lifestyle Service 0800 122 3788**

The GCC Occupational Health team has a wealth of experiencing in supporting the County's schools with their health and wellbeing needs. If you have any concerns during the current Covid-19 pandemic please contact us on the numbers shown above. **The emotional health of staff is a priority.**