









# STAFF MENTAL HEALTH LINKS

Organisation	Click Link	Phone	Information
GCC Workforce		0800 247 1100	Staff health and wellbeing handbook, resource guide, Employee Assistance Provider, Able Futures and other support
Men's Mental Health			Collection of resources is designed to encourage your male employees to open up and stay happy & healthy
Anna Freud		08000 562 561	Simple ways school staff can reduce anxiety at work
Mind		0300 123 3393	Resources on how to take care of your staff and look after their mental health at work



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Organisation	Click Link	Phone	Information
Place2Be		020 7923 5500	Mental health training provider
Tree of Knowledge		07970590689	Inspirational training programmes, keynotes and coaching for schools
Education Support		08000 562 561	Resources for individuals and schools on mental health
The Education Hub			Mental health resources for children, students, parents, carers and school/college staff