



**Education
Support**
Partnership



**Work in education?
Feeling overwhelmed?
We're here to help.**

Education Support Partnership is the charity for the education workforce.

We offer mental health and wellbeing support services to all people working in the education sector.

We understand the unique pressures that working in education puts on people. With budgets tightening, workloads increasing, and constant changes, it's no surprise that stress and anxiety are common challenges in the education sector.

We provide independent, confidential support, to help people deal with stress and anxiety, bullying, career and money worries, and a range of other issues so that everyone in education can be at their best.



Helpline

Our helpline is free and available to all staff working in any kind of educational institution in England, Wales and Scotland. We're here for you 24/7, 365 days a year.

What happens when I call?

Our trained counsellors will listen to you without judgement and will help you think through the problems you are facing to find a way forwards and feel better. After having a conversation with you, our counsellors will find the best person for you to speak to.

Depending on your needs they might:

- deal with your call personally and offer emotional support straight away
- offer action plan support (coaching)
- connect you to one of our other services such as grants or information
- assist with referral for long term treatment (for example, to your GP)

What does it cost to call?

The helpline is completely free to use. You will only have to pay your standard network rate.

To speak to one of our counsellors you can call **08000 562 561** or live chat via **edsupport.org.uk**

Financial Assistance

Our confidential grants service is here to help you manage your financial and money worries to get you back on track when you are struggling.

Can I apply?

If you are working in, or retired from the education sector and are suffering financial problems caused by unemployment, ill health, or a sudden life event, we may be able to offer support.

What can I apply for?

We provide assistance with short-term financial difficulties that are impacting on your health and wellbeing.

We can also help to improve your long-term financial situation through our charity partners who can help assist you by:

- helping you budget effectively
- reducing your monthly debt commitments
- investigating your possible benefit entitlement

For organisations

We help workplaces build a positive culture and develop their teams with a range of wellbeing programmes. We want to help you manage and motivate your team so they can be at their best.

We have a range of paid-for services to help schools, colleges, universities, and organisations create a thriving workplace for their staff, including:

- Our Employee Assistance Programme, 24/7 support for staff
- Our Positive Workplace Programme, a comprehensive tailored package to suit your needs
- Our Positive Workplace Survey, a diagnostic tool used to identify your workplace's strengths and weaknesses
- Training and Professional Development especially designed for the most common issues facing education staff
- Headspace and Yourspace, a professional development course for school leaders to connect
- Occupational Health to help you fulfil your Duty of Care

To learn more about our grants service you can visit www.edsupport.org.uk/grants or call **0207 697 2772**

To find out how we can help your organisation, call **0207 697 2750** or email info@edsupport.org.uk

We've been helping education staff since 1877

We began as the Teachers' Benevolent Fund to support the orphans of teachers. Since then we have helped thousands of education staff and their families, constantly evolving to meet the changing needs of the sector. Today, as Education Support Partnership, we are proud to be the charity for all education staff whether training, serving or retired.

With over a third of education staff expected to leave the profession by 2020, our services are needed now more than ever. Stress and anxiety levels across the sector are reaching alarming levels and calls to our helpline are increasing year on year.

We currently support over 60,000 individuals and 1,000 organisations each year, but we want to reach many more.

Get involved

We need you to help us spread the word and make sure we are supporting everyone who needs us. You can campaign with us, volunteer for us, share your story or speak to your local school. Simply get in touch at info@edsupport.org.uk or visit edsupport.org.uk for more details.

Support us

We rely on the generosity of our supporters to continue our vital work. If you'd like to support those working tirelessly to educate future generations, please make a donation today. Just £7 allows a counsellor to answer a helpline call to someone in distress.

To make a donation go to edsupport.org.uk/donate or call us on **0207 697 2750**.

You can learn more about our work at edsupport.org.uk or by calling **0207 697 2750**

Supporting you
to be your best

Education Support Partnership is
a registered charity No. 1161436

 **Education
Support**
Partnership