

# Staff wellbeing support for schools

In meeting the broad needs of the school community, staff in schools will experience challenges and stressors that impact on them professionally and personally. Where these challenges are prolonged or significant, it may have a detrimental effect on staff wellbeing and our ability to flourish. Major changes in 'normal' operations, and the effect of work/life through COVID-19 can stretch our personal capacity and resilience, traditional support networks and usual coping strategies to the limit. CEB wish to partner with schools to support the positive mental health and wellbeing of staff.

CEB continues to refine a wellbeing strategy that will draw expertise and resources from the Wellbeing and the People & Development teams. In the meantime, this flow chart may provide clarity on who to contact for support and a suggested process for schools. This process will be adapted based on the individual context and needs.

