



PENDLE COMMUNITY HIGH SCHOOL & COLLEGE
Staff wellbeing resources and training June 2023

Resource	Location
Employee Assistance Programme	https://www.educationsupport.org.uk/get-help/help-for-you/helpline/ or call free 08000 562 561
The Samaritans	https://www.samaritans.org/ or Call Free 116123 (24hrs)
Action for Happiness calendars and resources	https://www.actionforhappiness.org
	https://10daysofhappiness.org/
	https://www.youtube.com/playlist?list=PLv8qC1Am9cePMLbl_6G91E2rm_igigJ2x
	https://www.actionforhappiness.org/take-action
	https://www.actionforhappiness.org/10-keys-to-happier-living
	https://www.actionforhappiness.org/take-action/find-three-good-things-each-day
Action for Happiness Webinars	https://www.youtube.com/user/actionforhappiness
Mindfulness meditations	One Drive> T Drive> European projects> 2019 -2021>ready steady change various meditations
Mindfulness meditations	https://www.meditainment.com/free-meditainment
We have purchased three courses on Daily Om for you to try if you wish. We have a ten day clear out (instead of a year to declutter) Tidy in Ten Chair yoga to get that movement in - and everyone should be able to access How to quiet the mind - helpful for beginners to meditation <i>It does only offer up a lesson a day so unless other people have gone before you - you may have to open the next lesson yourself. This is fine because everyone can do at their own pace</i>	Visit https://auth.dailyom.com/login then login with the email address: wellbeing@pchs.lancs.sch.uk and Password: We11be1ng

<p>Lancashire post codes have free access to this service select this when registering</p>	<p>https://www.bigwhitewall.com/</p> 
<p>Cyber security advice</p>	<p>https://swgfl.org.uk/magazine/swgfl-cyber-security-advice-during-coronavirus/</p>
<p>St John's Ambulance well-being assessment tool</p>	<p>https://www.smartsurvey.co.uk/s/WellbeingAssessmentTool</p>
<p>MHFA England has a great series with interesting guests all about mental health and well being</p>	
<p>Just About Coping Podcast Ruby Wax</p>	<p>https://www.youtube.com/watch?v=Q3II0B59yDA&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E</p>
<p>Just About Coping Podcast Alexander Leon</p>	<p>https://www.youtube.com/watch?v=PnyxKJCNOHk&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=2</p>
<p>Just About Coping Podcast Dr Ranj Singh</p>	<p>https://www.youtube.com/watch?v=TNA mTRCK3U&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=3</p>
<p>Just About Coping Podcast Jonny Benjamin</p>	<p>https://www.youtube.com/watch?v=4oW2t1TN71Y&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=4</p>
<p>Just About Coping Podcast Ryan Atkin</p>	<p>https://www.youtube.com/watch?v=B6dGOaJaFHo&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=5</p>
<p>Just About Coping Podcast Poppy Jaman</p>	<p>https://www.youtube.com/watch?v=ifB64b-h7xc&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=6</p>
<p>Just About Coping Podcast Tony Piper</p>	<p>https://www.youtube.com/watch?v=z78OYprUw1o&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=7</p>
<p>Just About Coping Podcast Phyll Opoku – Gyimah</p>	<p>https://www.youtube.com/watch?v=uF86zmqP47w&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=8</p>

Just About Coping Podcast Dara Nasr	https://www.youtube.com/watch?v=T072XWuhmVk&list=PLdHzZRkn_RBl1b8II5gGiYJ5zETQOCI8E&index=9
Food as medicine	https://www.futurelearn.com/courses/food-as-medicine
Sleep deprivation	https://www.futurelearn.com/courses/sleep-deprivation
Mindfulness for Peak Performance	https://www.futurelearn.com/courses/mindfulness-wellbeing-performance
Mental Health and well being	https://www.futurelearn.com/courses/mental-health-and-well-being
Buddhism: Diamond Sutra and Zen Meditation	https://www.futurelearn.com/courses/buddhism-and-zen?utm_campaign=
Well-being at work	https://www.futurelearn.com/courses/introduction-to-work-and-wellbeing-at-work?utm_campaign=
Digital wellbeing	https://www.futurelearn.com/courses/digital-wellbeing
Food for thought : The Relationship Between Food, Gut and Brain	https://www.futurelearn.com/courses/food-for-thought
Nutrition and well being	https://www.futurelearn.com/courses/nutrition-wellbeing
Demystifying mindfulness	https://www.futurelearn.com/courses/de-mystifying-mindfulness
NHS support Mental health and wellbeing	https://www.nhs.uk/conditions/stress-anxiety-depression/
NHS support Mental health and wellbeing	https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/
MIND	https://www.mind.org.uk/information-support/tips-for-everyday-living/workplace-mental-health/work-and-mental-health/#.XbBjeuhKhdg https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/developing-resilience
Well-being Resources for Staff on the LCC intranet	www.lancashire.gov.uk/staff https://www.lancashire.gov.uk/applications/staff/my-health-and-wellbeing/ https://www.lscft.nhs.uk/Mental-Health-Helpline
Mental Health Family Hour. A collaboration between Sam Tyrer, Mental Health Nurse &	https://www.youtube.com/watch?v=iVQRvSxn6gM&feature=youtu.be

founder of the school education initiative Change Talks and Dave Cottrell, Mental Health First Aider, Awareness Campaigner and Mindset Coach.	
Resources from Virtual College – will need to sign up	https://www.virtual-college.co.uk/resources/mental-health-and-wellbeing
Resources from Virtual College	https://www.virtual-college.co.uk/courses/professional/mental-health-resource-pack
Resources from MHFA England (Mental Health First Aid)	https://mhfaengland.org/remote-working-resources/everyone/ https://mhfaengland.org/
LAURIE SANTOS The Happiness lab. Fabulous videos and pod casts	https://www.happinesslab.fm/
Aimed at teens but still useful	https://riseabove.org.uk/
the British Red Cross Mental health and coronavirus pack	https://resources.redcrossfirstaidtraining.co.uk/mental-health-and-coronavirus-pack
A whole website devoted to mental health at work	https://www.mentalhealthatwork.org.uk/
St John’s Ambulance webinars	https://www.sja.org.uk/course-information/guidance-and-help/mental-health-resources/embedding-mental-health-best-practice-webinars/
Public Health England – reinforcing the message that every mind matters – especially if you’re supporting others	https://campaignresources.phe.gov.uk/schools/resources/every-mind-matters-self-care-tool?utm_source
Identifying and Managing Personal Stress	https://lccschools.astute-elearning.com
Thriving with Nature	Copy on OneDrive
Anxiety workbook	Copy on OneDrive
Apps	
Headspace	https://www.headspace.com/
Calm	https://www.calm.com/

7 Cups	https://apps.apple.com/gb/app/7-cups-anxiety-stress-chat/id921814681
Insight Timer	https://insighttimer.com/
Clear Fear	https://www.clearfear.co.uk/
Stress heads (the mix)	https://www.themix.org.uk/apps-and-tools/stressheads
Smiling Mind	https://www.smilingmind.com.au/smiling-mind-app
Think Ninja	https://www.healios.org.uk/services/thinkninja1
Children and adolescent mental health services	https://www.penninecare.nhs.uk/camhs
<p>Online community In these extraordinary times of uncertainty, anxiety, and stress, taking care of your well-being is more important than ever. Thrive Global gives you everything you need to build physical immunity, strengthen mental resilience.</p>	https://thriveglobal.com/