

FREE AND CONFIDENTIAL WELLBEING SERVICES FOR YOU

Contact our wellbeing team on:

01773 814403 | nurse@uk-sas.co.uk



Available Services:

- **Wellbeing Telephone Support** - Confidential support from our in-house NMC registered nursing team.
- **Cancer & Chronic Illness Support** - Support for staff if they or their family are affected by a diagnosis of a chronic, long term condition.
- **Bereavement Support** - Emotional support and guidance for navigating bereavement of a loved one.
- **Menopause Support** - Support from nurses who have attended recognised menopause courses
- **Manspace** - Support for men's health and wellbeing related queries.
- **The Relaxation Room** - Guided mindfulness & meditation evening webinar sessions.
- **Preparing Parents** - Support for existing or new parents/guardians.
- **Feeling Good App** - NHS approved audio app which boosts key skills for mental wellbeing.
- **SAS Gym** - App based exercise programme for all levels of abilities and experience.
- **Pupil Yoga** - 10 guided video sessions aimed at Primary and Secondary aged children.
- **Pupil Mindfulness** - Library of audio recorded mindfulness sessions for pupils.
- **Be A Champion** - Pupil mentoring programme to encourage improved mindset, sleep, healthy eating and physical activity.
- **Ask Andy** - One hour video call with SAS Director of Wellbeing and former NAHT President, Andy Mellor, to discuss how to create a wellbeing culture within school.