



Looe Community Academy - Staff Health and Wellbeing - Signpost

Welcome to our signposting page that will direct you to information sources to help you manage your health and wellbeing.

Some content is proactive to help maintain physical and mental wellbeing and, should the need arise, there is a wide range of information and advice to help you (please click on the icon to access the provider's website).

In addition, you could also seek confidential support from your line manager or a member of the leadership team.

Resources



Mind is a charity dedicated to mental health and wellbeing



The Health and Safety Executive provide a range of resources around the topic of stress, depression and anxiety at work

Confidential help



Tel: 08000 562 561



Tel: 08457 90 90 90 /mobile 116 123

Free 24hr counselling service for staff and family



Tel: 0117 934 2121

Please notify Steve Green if you would like to see further guidance or support included here to help you or your colleagues.