Resources for use with staff

Creating a safe, inclusive and supportive learning environment - **British Red Cross**

Guidance on creating a safe and supportive learning environment when exploring sensitive, challenging and potentially distressing topics with pupils.
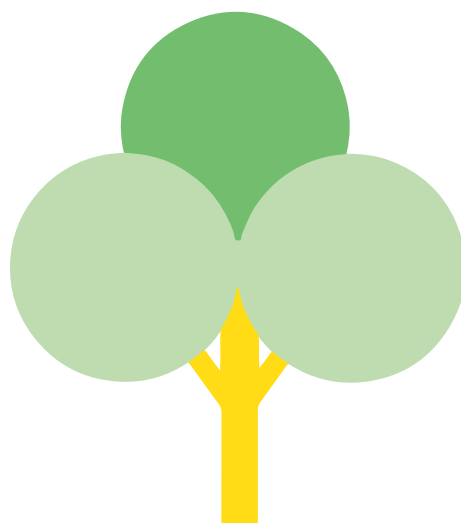
How to handle stress - **Education Support**

An article and printable poster with tips and guidance for staff on how to manage stress and look after their mental wellbeing.

Interactive stress container - **Mental Health First Aid England**

An interactive tool to support staff identify stress, recognise how it affects them and develop helpful coping strategies.

Every Mind Matters self-care tool - **Public Health England**

An online tool and action plan that provides personalised, practical tips to support individuals to manage stress and look after their mental wellbeing.