



Your Mental Health First Aiders (MHFAiders®) are here for you



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**There are plenty of different types of support out there, and
a MHFAider® can help you access them.**

MHFAiders® are a point of contact if you, or someone you are concerned about, are experiencing poor mental health or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

If you have any questions about Mental Health First Aid at ALNS, please contact any of our MHFAiders® during office hours using the details above.



What a Mental Health First Aider...

✓ DOES:



Provide initial support

Offer a calm, non-judgemental listening ear to someone who may be experiencing poor mental health or emotional distress



Listen and reassure

Allow people to talk openly, validate their feelings, and help reduce anxiety or distress in the moment.



Encourage professional help

Signpost individuals to appropriate support such as a GP, counsellor, occupational health, or external services and resources.



Promote self-help strategies

Share information about coping strategies and wellbeing resources where appropriate.



Recognise warning signs

Notice early signs of mental ill health and respond appropriately, including escalating concerns if there is risk of harm.



Maintain confidentiality

Respect privacy, sharing information only when there is a safeguarding concern or risk to the individual or others.



Be a point of contact

Help create a mentally healthy culture by being visible, approachable, and supportive within the school.

✗ DOES NOT:



They are not therapists or counsellors

They do not diagnose conditions, provide therapy, or offer clinical treatment.



They do not fix problems

Their role is to support and guide, not to solve personal, medical, or workplace issues.



They do not give medical advice

They do not recommend medications or replace professional healthcare services.



They do not take responsibility for ongoing care

Long-term mental health support remains the role of qualified professionals.



They do not pressure someone to talk

Conversation is voluntary — they respect boundaries and readiness.



They are not the sole support system

They do not replace HR, senior leadership, or external services.



They do not keep information secret if someone is at risk

Confidentiality is overridden where there is concern about safety or safeguarding.



Kathryn Murphy

kmurphy.alns@salterns.org

Kathryn is your Wellbeing Coordinator. Please feel free to contact her should you have any ideas, feedback or questions surrounding wellbeing.

There is also a Wellbeing Group where anyone is welcome to join! This group meets once a half term for 45 minutes. This is an inclusive team of staff from a range of departments across the school.



Kathryn is based in the Admin Office.





Email Do's and Don'ts



Consider your audience



'Reply All' to group emails unless it's appropriate



Be mindful that everyone's working hours are different



Feel obliged to read or reply to emails received outside of your usual working hours



Use the Staff Bulletin to communicate All Staff messages



Use the 'All Staff' email group as a default for communicating All Staff messages



Use a descriptive heading so that it is clear what the email is about



Use the House email groups to circumnavigate the approval of 'All Staff' emails



Employee Assistance Programme

Confidential Support When You Need It Most

Whatever mental health, physical, financial or personal issue you are facing, access expert help and support for life's ups and downs, **24/7, 365 days a year**. Below, you'll find a wide range of care and support specialists waiting to hear from you.



In The Moment Support - A type of counselling or support that is provided in real-time, at the very moment when a person is experiencing a particular issue, emotional distress, or crisis.



24/7 Telephone Support - Speak in confidence to fully qualified counsellors and support specialists 24/7, 365 days a year to discuss any emotional, personal or work-related issues.



Resources - We understand that not everyone feels comfortable discussing their issues or concerns with another person. Explore a wide range of resources designed to help you including blogs, podcasts and workbooks, giving you the advice and guidance on how to manage your wellbeing.



Debt Advice - Dealing with debt can be stressful and can be a cause of worry, meaning you may find it difficult to concentrate on work or other responsibilities. Angel Advance provides 24/7 online debt advice to get you back on track and make your finances more manageable.



Ask Bill - Free and impartial help, advice and tips on how to reduce your utility bills, manage your money and deal with debt issues, as well as support for tackling these problems in emergency situations.



Domestic Abuse - Bright Sky is a safe, easy to use app and website that provides practical support to anyone who may be in an abusive relationship or those concerned about someone they know on how to respond to domestic abuse.

Sign In Here:



Code: 109949

Find out more:



0800 023 9234



Information About Resources Available



Podcast Topics (Examples)

- Alcohol Awareness
- Eating Disorders
- Menopause
- Progressive Muscle Group Relaxation
- Trauma and PTSD
- Women's Mental Health
- Perinatal Mental Health
- Let's Talk About Suicide
- Crisis in Masculinity
- Seasonal Affective Disorder (S.A.D)
- The Effect Music Has on Our Health and Wellbeing
- Coping with Stress
- Burnout
- Grief Loss and Bereavement
- Mindfulness
- Self Help
- Work Life Balance
- Write Off Your Stress
- Finding Balance

Blog Posts (Examples)

- 5 Creative Ways to Care for Your Wellbeing
- Coping with Social Anxiety Disorder
- Discover Better Sleep Habits to Boost Your Wellbeing
- Embracing Nature for Better Wellbeing
- Health Anxiety
- Living with PTSD
- Maintaining Body Positivity during the Summer Months
- Maternal Mental Health Matters
- Obsessive Compulsive Disorder
- Relaxation and Meditation
- Supporting Menopause in the Workplace
- Simple Tips for Reducing Stress
- Finding the Words for Difficult Conversations
- Male Suicide



CBT Workbooks

- Controlling Anger
- Dealing with Substance Misuse
- Managing Anxiety
- Managing Insomnia and Poor Sleep
- Obsessions and Compulsions
- Perinatal and Postnatal Depression and Anxiety
- Understanding and Coping with Domestic Abuse
- Understanding and Managing Health Anxiety
- Understanding Delusions and Paranoia
- Coping With Grief and Loss
- Food for Thought
- Managing Depression and Low Mood
- Managing Stress
- Overcoming Social Anxiety
- Post-Traumatic Stress
- Understanding and Managing Self-Harm
- Understanding and Managing Panic Attacks
- Understanding Eating Disorders

