



Comprehensive Wellbeing Support Available To You

Wellbeing For Everyone

Complimentary services with your Schools Mutual scheme

Here at Schools Mutual we want to ensure that your whole school have the ability to get support when needed.

We provide staff with a wide variety of wellbeing services that are proven to prevent and reduce absences from work. Your calls are taken directly by our in-house team of experts to support you with any medical, physical and mental health concerns.



Louise
Nurse Support



Mike
Physiotherapy



June
Mindfulness



Gareth
Personal Trainer

“I had my whole world rocked by a diagnosis”

– Donna, Case Study

*“I had no idea how my life was going to be affected. I reached an all-time low where I genuinely felt **I couldn’t live like this.***

I spoke to a lovely admin lady called Heather. She taught me that ‘it’s ok not to be ok’. She listened, was so kind and caring and signposted me to other wonderful people.

Assistant Head Nurse, Louise then called me the next day. She also put me at ease and suggested she’d signpost me to Mike, their Physiotherapist. I wasn’t sure what he could do as my physio had said

there was nothing they could do for me.

*When Mike called he was **like a breath of fresh air.** He told me exactly what I needed to do. He was so efficient and sent me so many different exercises.*

*Then came my appointment with Mindfulness Teacher, June. The support that June gave me blew me away. **She took my pain away.***

You have been amazing. If there was an award for the most supportive and awesome team, you guys would definitely get my vote!”

Wellbeing Service



**Mental Health
Services**



**Physical Health
Services**



**Health
Line**



**General Health
Services**

es Available To You



**Pupil
Wellbeing**



**Leadership
Support**



**Occupational
Health**



**Awards &
Programmes**

Counselling



Our research shows that stress accounts for over a third of absences within schools and academies. We are doing everything we can to reduce this figure.

Schools Mutual offer **unlimited, private and confidential** therapy sessions with BACP accredited counsellors for named staff. These phone based sessions are available whether your staff are still working or absent due to illness. The reason for counselling does not need to be work-related, and no GP referral is needed.

***64% of teachers and support staff say their school lacks effective measures to manage stress.**

*Source: NASUWT, Teacher Wellbeing Survey, 2024

Mindfulness



Through your Schools Mutual scheme, we offer a variety of Mindfulness Support, including:

- **One-to-one Therapy:** Identify and implement the most appropriate support for you
- **Guided Relaxation Sessions:** Session to promote relaxation
- **The Relaxation Room Podcasts:** A regularly updated, popular podcast of mindfulness and relaxation
- **Relaxation with June:** Weekly live online session with Mindfulness Teacher, June, covering mindfulness and relaxation
- **Mastering Mindfulness:** A 4-week course to help build resilience and manage stress and anxiety

Our research shows that stress accounts for over a third of absences within schools and academies

Nurse Support

In 2024, our NMC registered nursing team received **over 2,700 wellbeing per month** for support from school staff across the UK. Our nurses bring experience across multiple specialities, ensuring you receive knowledgeable advice. Whether you have general health concerns or require specialist support, we are here to help.

Our team of in-house NMC registered nurses are available to take you to school or deliver engaging webinars to support your health and wellbeing.

Health Line

Our Health Line is designed to provide fast, reliable and expert-led support when you need it. From compassionate nurse support and cancer & chronic conditions to menopause advice, counselling referrals and 24/7 GP consultations, our services ensure you have access to the right care 24 hours a day 365 days a year.



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GP Phone Consultations



Our integrated GP service gives you 24/7 access to practising GPs, ensuring you receive the highest level of medical care and support, day or night, 365 days a year. With unlimited consultations, there are no restrictions on call length or frequency, so you can take the time you need to discuss your concerns.

If required, same-day appointments are available and prescriptions can be provided when needed*. When you need reassurance of a diagnosis, our GP service ensures fast, professional care without the wait.

*Private prescription charges will apply

Happier Healthier You

Our team of experts have developed a Community Platform, Happier Healthier You, built specifically to help you improve daily habits and reach your mental and physical health goals. Make positive changes to your overall health and fitness with guidance from our multi-disciplinary team and the support of a like-minded community.

Our community is fully inclusive and we welcome people who are keen to commit to our array of wellness programmes, join live online classes and sessions, and interact with others on our bespoke private platform. We look at how incorporating simple habits into our lifestyle can have a lasting impact on our overall health.

Our experts will take members on a journey to help you find your health goals, build actions, master your mindset, improve daily habits, and improve your health and fitness with a proven, tried and tested approach on how to become the best version of yourself.



**Join a
community
of like-
minded
people to
become a
Happier
Healthier
You!**



Happier
Healthier
You

Weight Management



Our weight management services provide a supportive environment for sustainable lifestyle changes, helping you take charge of your health and wellbeing for a happier, healthier life with ongoing support.

SAS GYM

SAS GYM offers a fitness and wellbeing community led by our Personal Trainer, Gareth. Members gain access to live classes, personalised and pre-set training plans, nutrition and fitness advice, pre-set workouts, and exclusive resources. With direct support through live PT chats and interactive discussions.

Physiotherapy



Schools Mutual offers a range of physiotherapy resources to help manage and treat a variety of conditions. To reduce waiting times, we provide a private physiotherapy service that allows staff to begin treatment and alleviate discomfort while waiting for a referral.

Each client will have a phone consultation with an experienced physiotherapist who will create a personalised treatment plan tailored to their needs. If further intervention is needed, clients will be referred to a local clinic for additional support.

98% of referred staff were not absent from work or were assisted in returning to work

General Health



Our General Health services are dedicated to offering comprehensive care that supports both the prevention and treatment of a wide range of personal health issues, ultimately contributing to better health outcomes and an enhanced quality of life.

These services are carefully designed to address the most common health needs of staff, ensuring the maintenance and improvement of their overall health and wellbeing.

***In the UK, school staff typically take an average of 7-9 days of sick leave each year.**

*Source: Department of Education, Teacher Absences, 2024

Food Sensitivity Testing

We have teamed up with YorkTest, the UK's #1 food intolerance and allergy testing company, to offer a unique discount on their hassle-free premium home blood test. This test provides food intolerance, allergies and health insights to help you identify your food sensitivities.

Preparing Parents

We've partnered with CM Talent to provide a practical wellbeing and support resource for all staff (including those without kids!). This practical guide helps managers and employees navigate parental leave processes while ensuring everyone can successfully handle this change - in an open and inclusive way.



energy test provider,
costs for food
sensitivities.



career support
aims to help
empowering
the way.

Financial Wellbeing



Staff named on the scheme can claim reimbursement for the cost of engaging their own financial advisor. This support can cover advice on a wide range of topics such as personal finance, investments and savings, mortgages, and more.

Manspace

Manspace provides a wide-range of male-specific resources and information, such as dealing with male menopause, the reduction of testosterone and how to improve it, and help and support for much more relating to your mental and physical wellbeing.

Critical Incident Support



In difficult times, immediate and professional support is crucial. We provide expert mental health counselling and guidance to help your leadership team to navigate stress and crisis with confidence.

Pupil Wellbeing



Designed with the intent to meet the Ofsted criteria, and to help support schools in making the most positive impact possible on the wellbeing of pupils.

Pressure on schools and academies to provide support for pupils with increasingly restricted budgets has led to increased demand on school staff over the years.

Please note further charges may apply for our Pupil Wellbeing Services.

Pupil Wellbeing Hub



We have developed a library of resources, created and compiled by our experts, to support the development of pupil wellbeing in the classroom.

You will find lesson plans, videos, audio recordings and other resources ready to be picked up and delivered to your pupils. This versatile library can form a structured journey of learning or be used to bolster your existing schemes of work.

Pupil Wellbeing
Hub

Pupil Yoga

Create a calming, focused atmosphere in the classroom with our specially designed Pupil yoga video tutorials. Each 15-minute session is tailored to a range of emotions, helping students relax, refocus and maintain balance throughout their day.

In partnership with Yoga in Schools, Schools Mutual offers access to highly qualified yoga instructors who bring expert guidance either in person or through video, catering to your school's needs. On-site pupil yoga is available, get in touch with our team to discuss.

Pupil yoga provides numerous benefits, enhancing spiritual, mental, and physical wellness – key elements of the Ofsted framework. It's the perfect addition to the PSHE curriculum, empowering pupils to practice self-care and mindfulness.



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Pupil Mindfulness

Take your pupils on a journey of relaxation, guided by Mindfulness and Wellbeing Consultant, June Brade. Recordings are available for use to help students unwind and relax. The library of content will continue to grow.



Pupil Mindfulness Training

Gain access to our staff training which focuses on 'Introducing the power of mindfulness and NLP in your whole school approach' with Pupil Mindfulness expert, Kate Thomas.

Pupil Counselling

Access Pupil Counselling Support faster.

- Initial assessment plus additional 40 minute flexible sessions
- Ideal for helping with a wide range of needs
- Flexible online sessions which are logged and monitored
- Minimal waiting time for sessions
- Routinely scheduled for the pupil
- All therapists are insured, BACP registered and appropriately supervised

In England, 2 in 3 young people with a mental health condition do not receive support from specialist



Speech & Language Therapy



Schools Mutual can help schools source private, high quality speech and language therapy, that is designed to support the needs of individual pupils.

Our speech therapy support can help reduce waiting times and provide regular weekly sessions to a pupil in need of support with minimal delay to start therapy.

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Health
t services

Occupational Health

Schools Mutual can help your school reduce disruption caused by absence, minimise the loss of productivity, minimise the time spent on managing sickness and absence issues as well as facilitate a faster return to work after a spell of absence. Mutual Policies come with Occupational Health support, which you can access through our Occupational Health Plus (OH+) service.

Key services:

- **Unlimited Pre-Placement Questionnaires** – A simple process designed to identify potential barriers to work for new staff members.
- **(OH+) Follow-Up Assessments** – Ensure all health/medical needs identified on questionnaires are addressed. Provide feedback on whether additional support is required for staff to perform effectively.
- **(OH+) Unlimited Occupational Health Assessments (OHAs & OHPs)** – Assessments and evaluations conducted by qualified Occupational Health Physicians or registered nurse Advisors (OHAs). Assess and evaluate on employee health and safety safely and effectively.



Leadership Support



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This dedicated supervision support helps school leaders manage job stress, foster emotional resilience and promote professional growth through reflective sessions.

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Life Coaching

Regular, scheduled one-to-one or group leadership supervision support. Proactive support that helps provide school leaders with strategies and models to help them make sense of challenges and problems that they face.

Reflective Practice

An opportunity to confidentially speak with an experienced school leader to discuss some of the issues you're facing in your role.

Awards & Programmes



Schools Mutual have developed and provisioned a range of wellbeing services that not only help school leaders develop and support our members, but also provide professional development programmes specifically aimed at school and wellbeing leads.

Our programmes include:

- School Mental Health Award
- Wellbeing Governors E-module
- Leadership CPD
- Crisis Support
- Pre-Employment Screenings
- Wellbeing Leadership Clinics
- Leadership Themed Webinars and Podcast
- Professional Coaching

School Leaders Thriving Programme

The School Leaders Thriving Programme, supports school leaders in improving their own wellbeing and that of their school community. Our experts will guide you in implementing whole-school wellbeing through a suggested or tailored approach.

Mental Health Award

In partnership with Leeds Beckett University, this award boosts resilience, emotional intelligence, and wellbeing for your school community, offering a framework to showcase policies that improve mental health for staff and students.

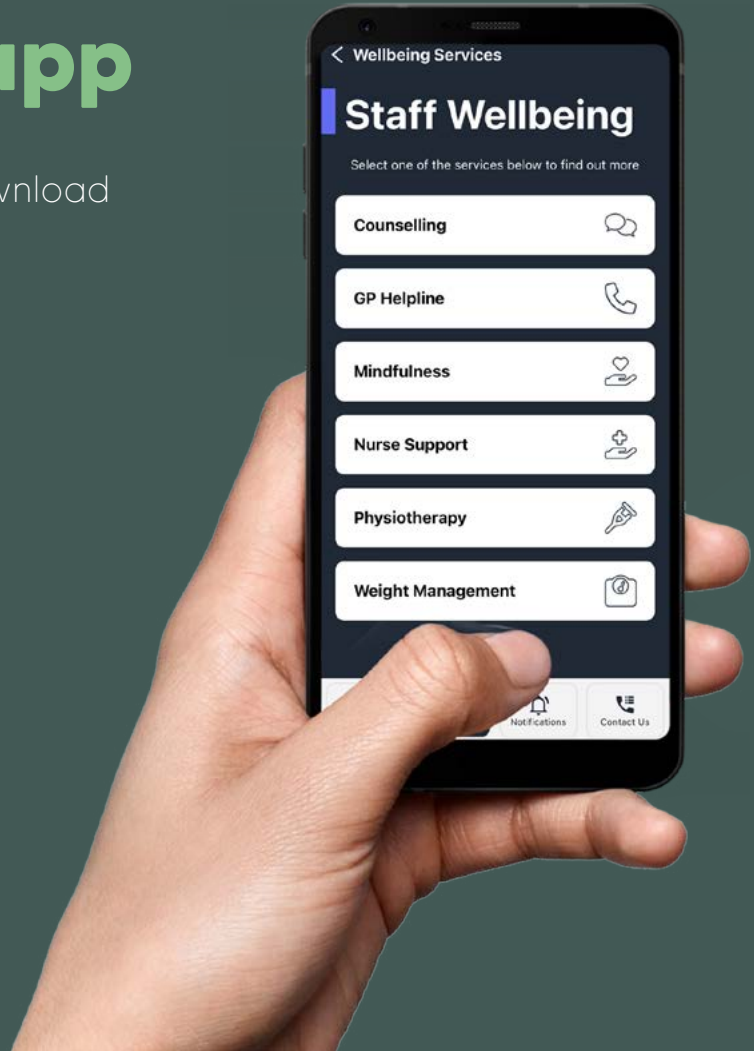
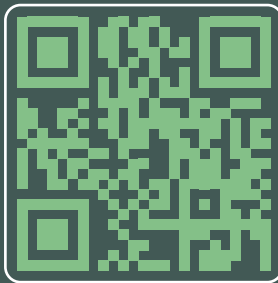
Wellbeing Governors E-Module

Assigning roles like Mental Health and Wellbeing Governance Lead ensures strategic oversight and demonstrates commitment to supporting staff and student wellbeing, emphasising mental health, equality, resilience and effective support.

Download our app

Easily request services via our app

Click below or scan the QR code to download



“As my time of working with you all has now come to an end I just wanted to say one final thank you for all your support.

4 months ago my life was turned upside down and in that time you have each given me strength, determination and drive to fight against all odds. I am physically in a better place and weight loss is well on its way. I have been off my pain relief for 6 weeks now and I know Mike will be proud of that. I’ve endeavoured many tears during my time and I’m finding the strength to tackle other demons which I had buried deep within my soul.

I have felt very blessed having had all of you touch my life and I will always be eternally grateful.”

- Donna, Case Study

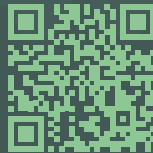
4.9 Customer Rating



Our Partners:



LEEDS BECKETT UNIVERSITY
CARNEGIE SCHOOL OF EDUCATION



Book a chat today

Scan the QR code to book a chat with a member of our team.

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