



Romero
Catholic Academy Trust



All Saints'
Roman Catholic High School,
A Voluntary Academy

Headteacher:
Address:
Telephone:
Email:
Website:

Mr Brian McNally, MA, BSc (Hons), NPQH.
Haslingden Road, Rawtenstall, Rossendale, Lancashire, BB4 6SJ
01706 213 693
office@allsaintshigh.lancs.sch.uk
www.allsaintshigh.lancs.sch.uk

Employee Support

If you are feeling low, stressed, anxious and in need of support, School can assist you directly, indirectly, or signpost you to independent services.

In school you can speak in confidence to your line-manager, SLT line-manager, or me (Cat, School Business Manager). If you feel that it would be better to speak to someone within the Trust but outside of School, I can refer you to our Trust HR Manager, Carla.

We can support you through whatever is going on either through active listening; an individual support plan (IRAMP), or a refer you for additional support elsewhere.

From school we can refer you for **bespoke services through our occupational health** department, such as physiotherapy, counselling, or CBT. More information about what services are available is on the Schools' Portal:

https://schoolportal.lancsngfl.ac.uk/view_sp.asp?siteid=5859&pageid=33031&e=e, or I can provide an emailed/ printed copy.

Our Trust has also partnered with **Able Futures**, a **confidential, self-referral mental health support service** for anybody who is experiencing poor mental health or wellbeing which is affecting you in work.

You can access up to **9 months of 1-2-1 support within 30 days of referral**, from a dedicated mental health professional via telephone, email and MS Teams.

Able Futures are there to listen to you and to give advice, guidance, and support, whatever is on your mind: there is **no waiting list and you can apply online or by calling 0800 321 3137**.

If you are experiencing issues such as anxiety, depression, grief, or stress, or are struggling to deal with problems such as debt, disrupted sleep or relationship breakdowns that may be affecting your mental health, Able Futures can help you build resilience, tackle issues, feel better and learn new ways to manage your mental health throughout the ups and downs of life.

Find out more at <https://able-futures.co.uk/contact-us/>.

Contact details for Able Futures:

Freephone 0800 321 3137 (8am to 10.30pm, Monday to Friday)



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Website - www.able-futures.co.uk
Email - hello@able-futures.co.uk

If you would prefer **independent support Education Support Services** offer a free support service available by telephone, text or email.

'No matter what you're going through, we're always here for you, day or night, all the time. Call us. You'll feel better.

In these unprecedented times we are here for you. No matter what you're feeling, our free, confidential helpline is always here 24/7. Night or day, our trained counsellors are here to listen to you without judgement and help you find a way forward, whatever your worries or concerns and feel better.

Our helpline is free and available to all serving and retired teachers, lecturers and staff in education (primary, secondary, further or higher education) in England, Wales and Scotland 24/7, 365 days a year.'

Contact details for Education Support Services:

UK-wide: 08000 562 561 day or night

Txt: 07909 341 229 (answered within 24 hours)

Email: support@edsupport.org.uk

Free advice, resources, and helpline: <https://www.educationsupport.org.uk/>

Other sources of advice and support:

MIND

<https://www.mind.org.uk/need-urgent-help/using-this-tool>

Blurt Foundation

<https://www.blurtitout.org/>

Anxiety UK

<https://www.anxietyuk.org.uk/get-help/>

Samaritans

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Phone: 116 123

Email: jo@samaritans.org



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