

# Advice and Support Available to You

There are a number of services you can access through our Trust to support yourself when you are unwell or experiencing life's challenges;



## Employee Assistance Programme

- Counselling / Therapy
- Legal Support
- Bereavement Support
- Finance Guidance
- Medical Information
- CBT Online
- Occupational Health Support

Access Code: MHA207952  
[support@healthassured.co.uk](mailto:support@healthassured.co.uk)  
 0800 028 0199




**SPENCER**  
ACADEMIES TRUST

## Employee Guides

All your employee guides, resources and FAQs are available on [SharePoint Ask HR](#), including;

- Managing Stress
- Wellbeing Offer
- Menopause
- Domestic Abuse
- EDI
- Attendance in Work
- Maternity/Paternity
- Raising a Complaint
- Flexible Working
- Sexual Harassment

## Academy Points of Contact

Within each academy there are Wellbeing, EDI, HR and Designated Safeguarding leads.

If you are unsure who to contact please contact the Central HR Team 0115 6464200 or [info@spencertrust.org.uk](mailto:info@spencertrust.org.uk)

THIS  
ACADEMY  
IS  
FOR  
YOU  
ME  
HIM  
HER  
THEY  
THEM  
US





Self referral through the NHS to talking therapies for anxiety, depression, PTSD.

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

## Advice and Support Available to You

**These are an example of some external services you can access to support yourself when you are unwell or experiencing life's challenges;**



Anna Freud has developed and delivered pioneering mental health care for over 70 years.

<https://www.annafreud.org/resources/schools-and-colleges/>



A charity that supports mental health and wellbeing of teachers and education staff.

<https://www.educationsupport.org.uk/get-help/help-for-you/helpline/>  
0800 562 561



Free advice on benefits, work, debt and money, consumer issues, housing, family, law, immigration and health.

<https://www.citizensadvice.org.uk/>



Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

[www.remploy.co.uk/mentalhealth](http://www.remploy.co.uk/mentalhealth)  
<https://www.gov.uk/access-to-work>  
0300 456 8114