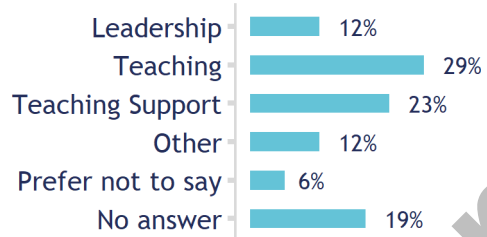


Overview of results

Survey participants

52

staff in your school participated in the survey.



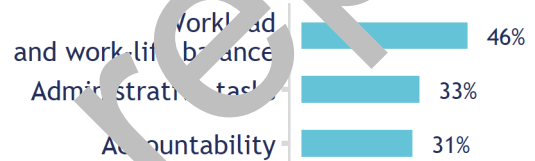
#1 Wellbeing

91%

of respondents reported 'medium' or 'high' wellbeing

#2 Stress

Three biggest causes of stress were:



#3 Knowledge

54%

of participants say that they are knowledgeable of a wide range of mental health issues

#4 Confidence

73%

of participants feel confident to support children that are experiencing difficulties with their mental health and wellbeing.

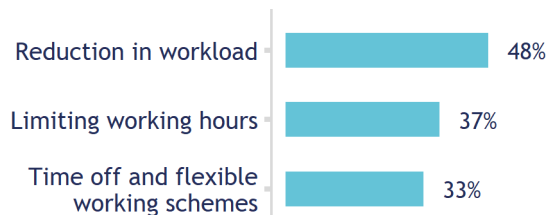
#5 Talking about mental health

58%

of participants feel confident to talk to children about their mental health and wellbeing.

#6 Support

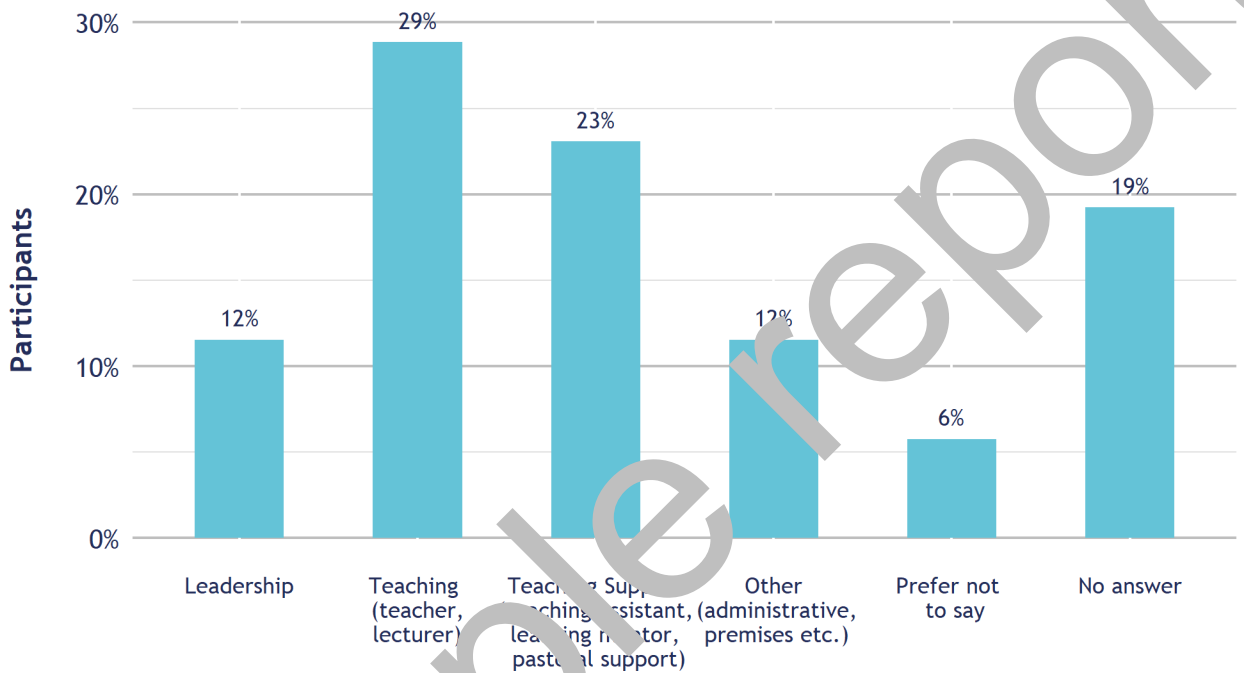
Three of the most frequently suggested initiatives by staff that would improve wellbeing were:



Staff survey participants

Staff were asked to identify their role within the school.

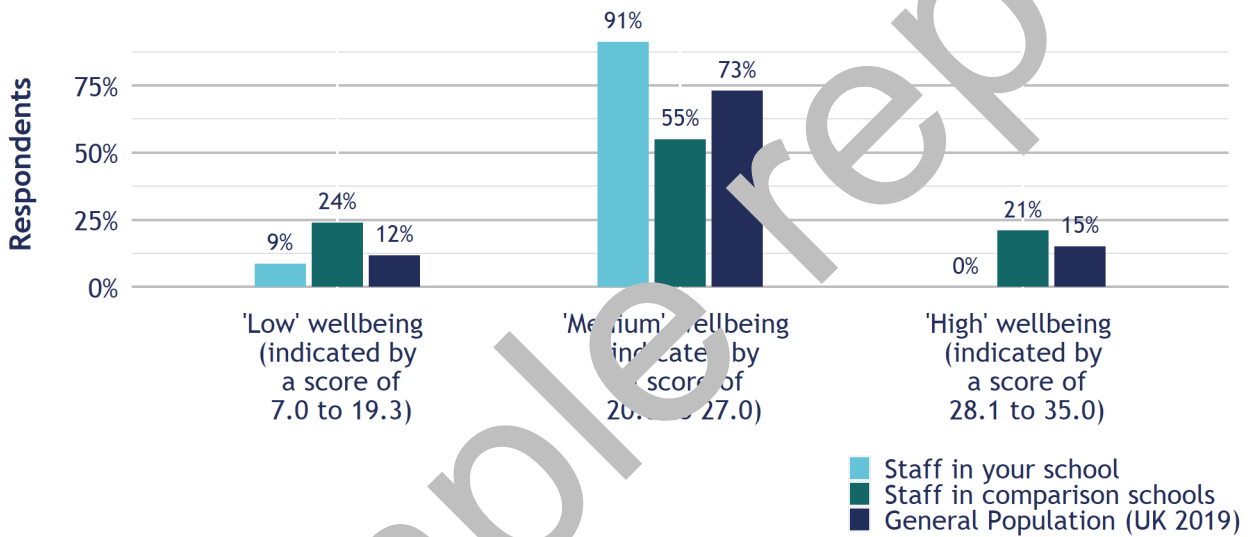
Role of participants



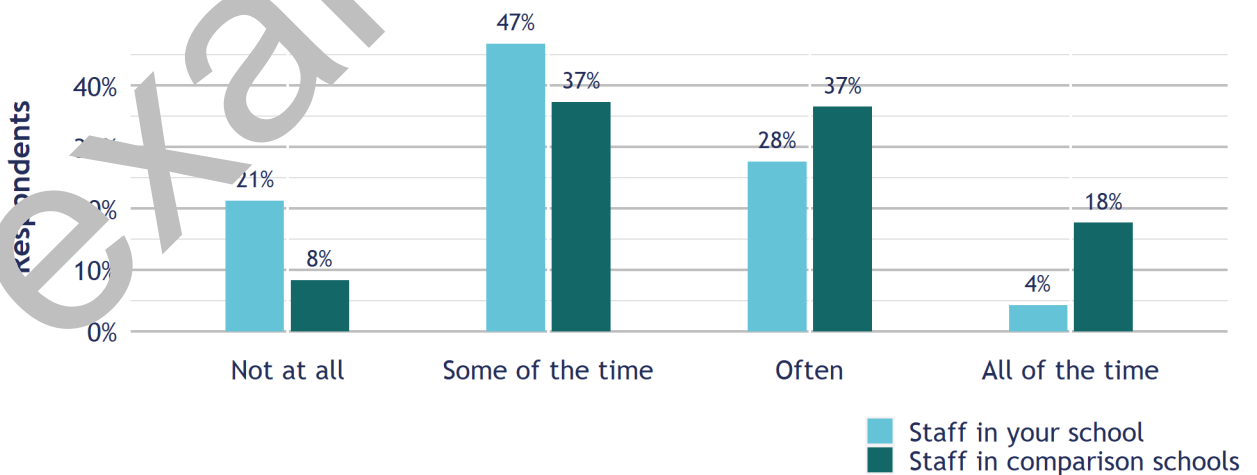
#1 Staff Wellbeing

Staff wellbeing was measured using the Short Warwick Edinburgh Mental Wellbeing Scale, which is a validated measure of mental and emotional wellbeing. Staff responded to statements which are converted into scores. Scores were classified as indicating low, medium or high wellbeing.

Mental and emotional wellbeing



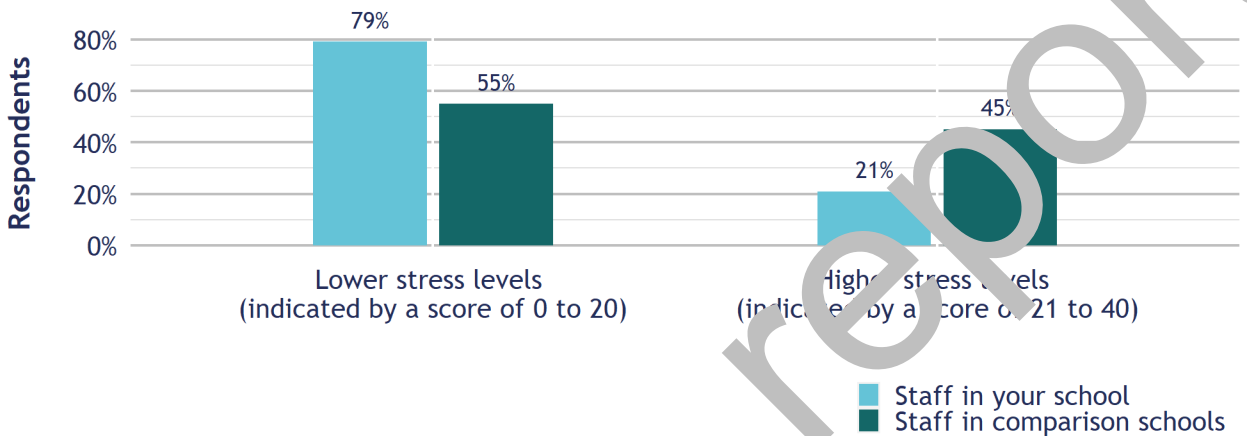
My work has a positive impact on my mental health and wellbeing.



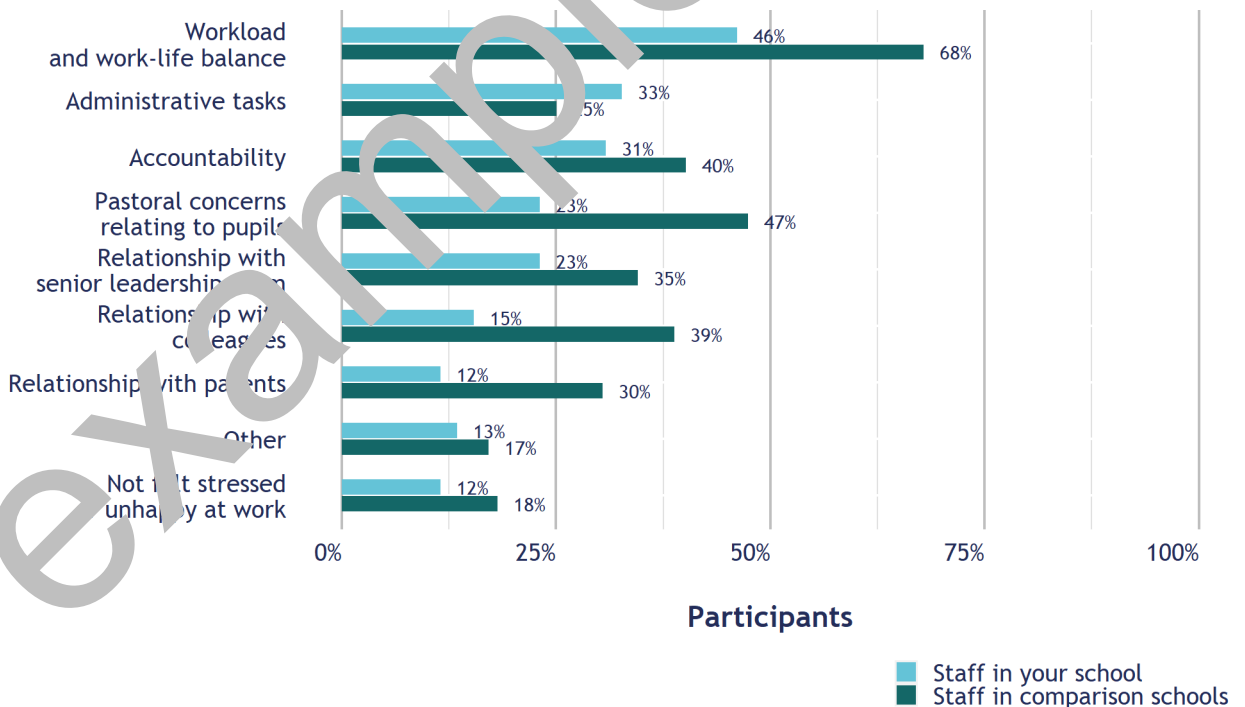
#2 Stress

Stress was measured using a validated measure, the Perceived Stress Scale. Staff were also asked which work-related factors had affected how they had been feeling recently.

Perceived stress



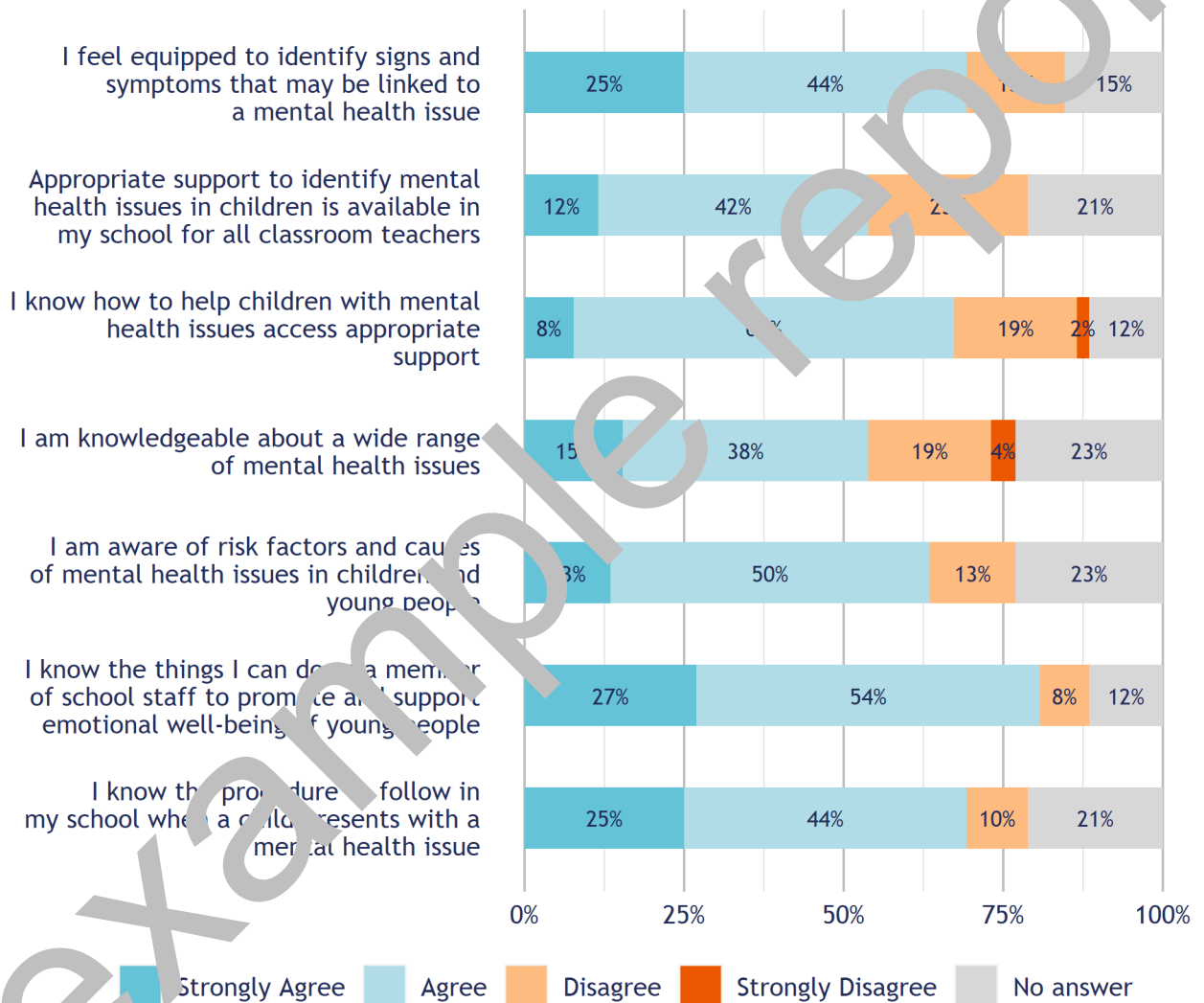
Have any of the following caused you to feel stressed or unhappy at work over the last 2 weeks (select all many as apply)?



#3 Knowledge

Staff were asked to what extent they agreed or disagreed with statements about their knowledge of children and young people’s mental health.

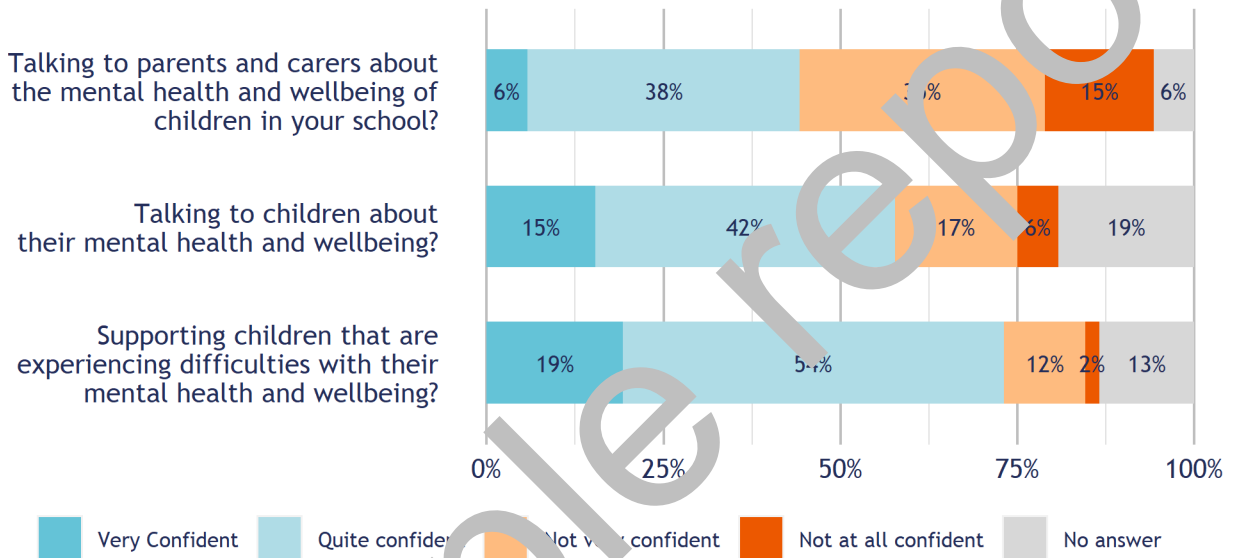
Knowledge of children and young people’s mental health



#4 Confidence

Staff were asked about their own confidence to support young people that are experiencing difficulties. They were also asked about their confidence in talking to children and to parents and carers about mental health and wellbeing.

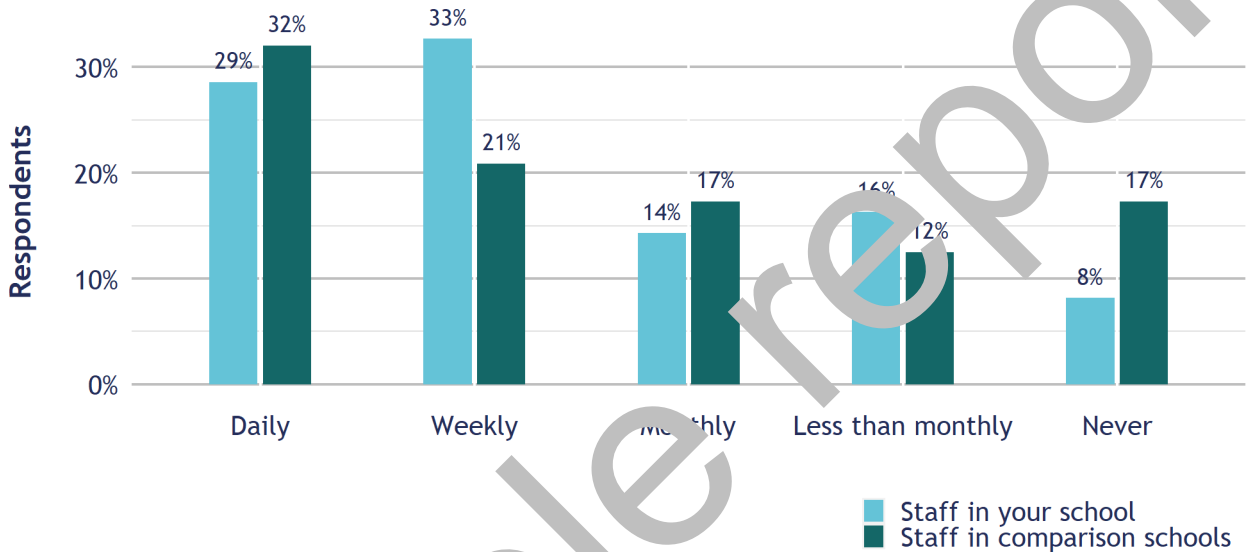
How confident do you feel...



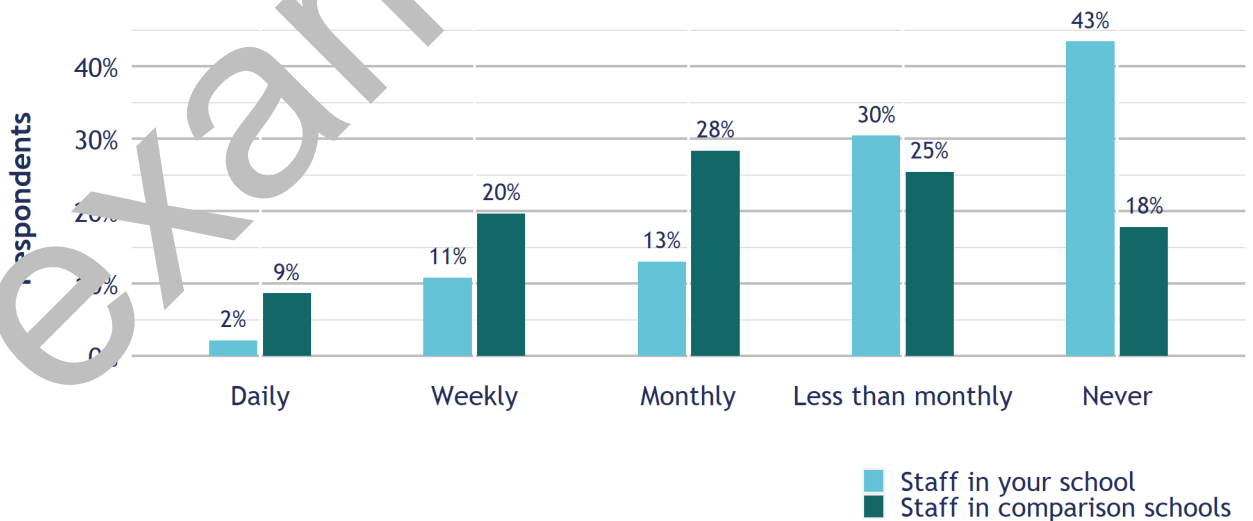
#5 Talking mental health

Staff were asked about how often they talked with children, parents and carers about mental health and wellbeing.

How often do you talk to children in your school about their mental health and wellbeing?



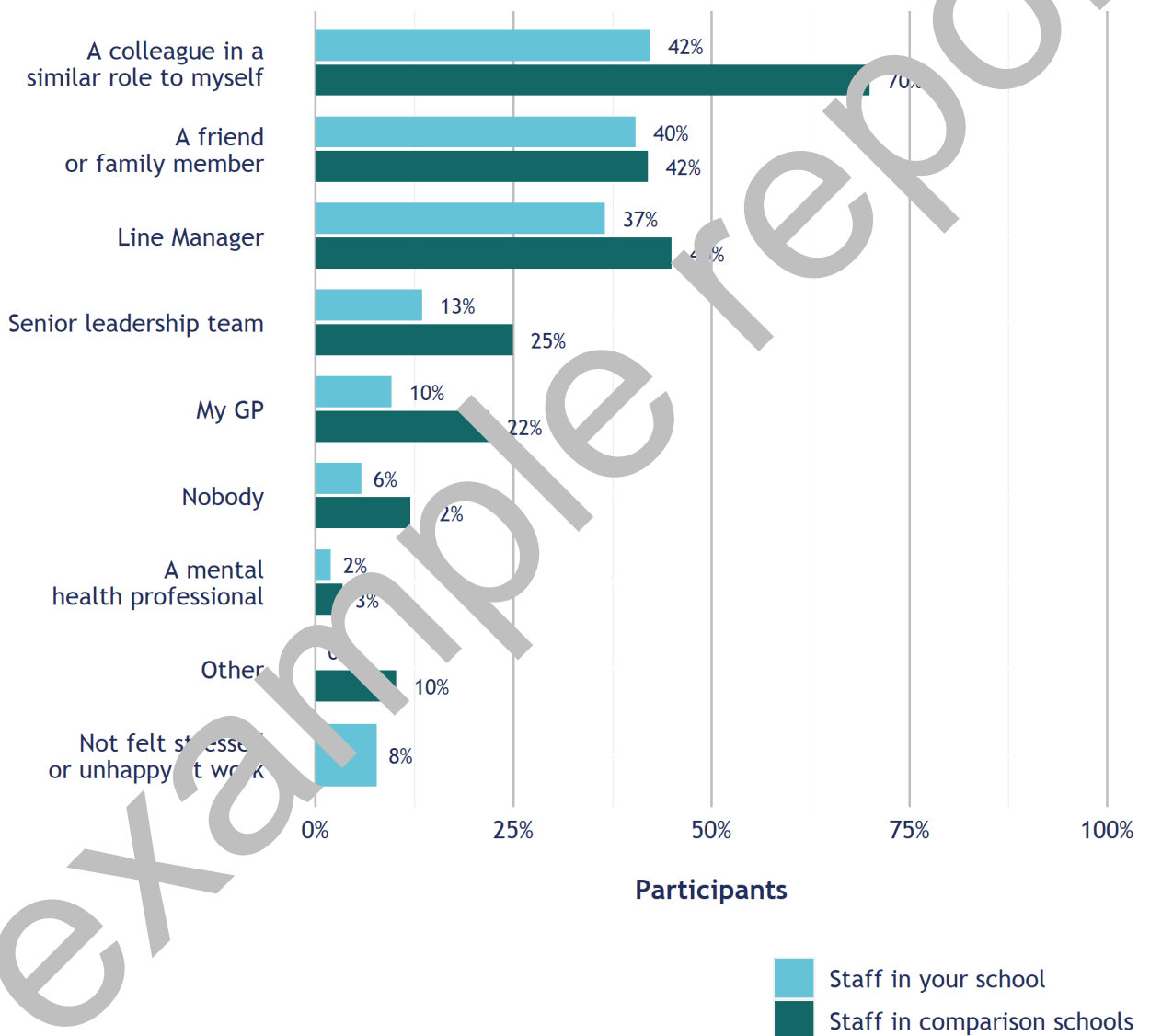
How often do you talk to parents and carers about the mental health and wellbeing of children in your school?



#6 Support

Staff were asked about who they were most likely speak to if they were unhappy, stressed or concerned about their own mental wellbeing. They could select more than one person.

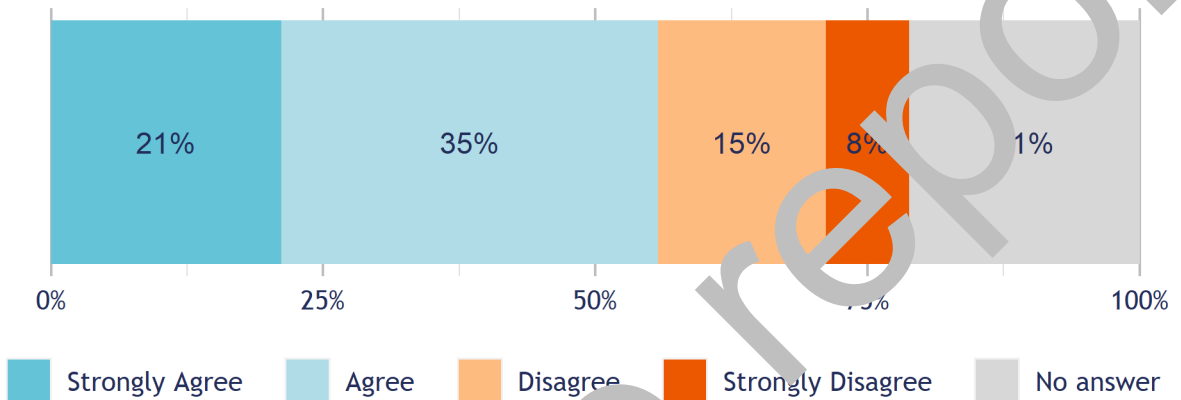
If I felt stressed or worried at work, I would be most likely to seek help from (select as many as apply)?



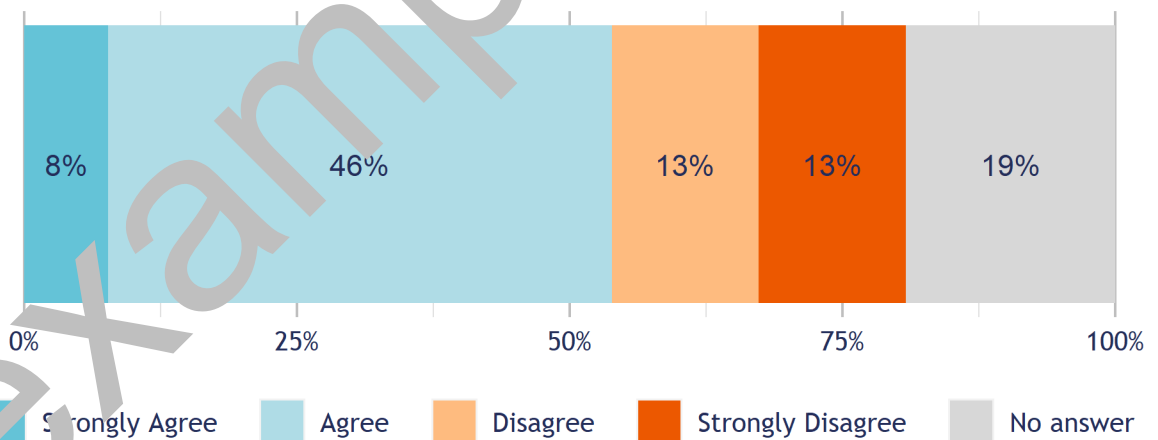
#6 Support

Staff were asked about the support from school leaders and managers for staff mental wellbeing.

If I approached my manager with concerns about my mental wellbeing, I am confident that I would be well supported.



My school senior leadership team takes active steps to support the mental wellbeing of all staff.



#6 Support

Staff were asked which initiatives they felt would improve staff wellbeing. They could select multiple initiatives.

Which of the following types of initiative do you feel would be most valuable to improving your mental wellbeing at work?

