



# Our Impact

Our 'Trusted Friend to the Sector' commitment offers a solution to safeguard your school to prevent and reduce staff absences

Members rate our  
**Health and  
Wellbeing Services**



We've supported over

**10,000**

members with  
our health and  
wellbeing services



We have invested over

**£2.5m**

into our Health and  
Wellbeing Services

In 2023,  Education  
Mutual

**2,500**

helped over  
members of  
staff with their  
mental health



**100%** of  
service  
appointments are made  
within 1 day post triage



Education  
Mutual

# Mental Health Services

At Education Mutual we are committed to supporting the mental health and wellbeing of colleagues within our member schools.

We've developed a range of services specifically designed to protect your team and their mental wellbeing allowing them to focus on providing the highest standards of education to our next generation.



NEW

# Men's Mental Wellness

Break the silence and shatter the stigma

Education Mutual are committed to promoting mental wellbeing and resilience amongst men in the education community.

Each service is designed to break down the stigma surrounding men's mental health issues and provide a safe space for open conversations and support.



68%

of men in teaching felt stressed from work

42%



of male teachers reported working in a culture that negatively affects staff mental health and wellbeing

To access, please complete a Healthcare Request Form:



Alternatively, please scan this QR Code with your smartphone:



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

[Healthcare Services](#)

[Live Webinars](#)

[How to access](#)







NEW

# Stress Management

Focusing on the mind, not just the body

Our service, formally known as Stress Coaching, has been meticulously updated to provide comprehensive support to individuals and schools of all experience levels and sizes.

This popular service allows you to receive support from a qualified and trusted professional who adheres to the highest standards of ethical and therapeutic practice.

## The service will cover:

- Finding harmony in work and family life
- Strategies to reduce & manage stress
- Setting realistic expectations



To access, please scan this QR code with your smartphone to register for a date of your choice:



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

[Healthcare Services](#)

[Live Webinars](#)

[How to access](#)





NEW

# Bereavement

Navigating grief and finding strength

Coping with bereavement and grief is an intricate and deeply personal journey, and practical advice can be invaluable during this challenging time.

It's important to remember that everyone grieves differently, and the grieving process is not a one size fits all.

**40%** of people

have difficulty getting support from those close to them and feel isolated in their grief

## The service will cover:

- Gain an understanding of both the emotional and physical impacts associated with bereavement.
- Develop insights into the grieving process, offering support not only for yourself but also for your loved ones.
- Receive practical advice to navigate the next steps after a loss, aiding in the management of various challenges.
- Foster a positive mindset to facilitate moving forward, embracing healing and personal growth.

To access, please scan this QR code with your smartphone to register for a date of your choice:



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

[Healthcare Services](#)

[Live Webinars](#)

[How to access](#)





# Face-to-face Counselling

**You are not alone – it's time to talk**

We take pride in offering face to face counselling sessions to our member schools and their staff.

Our extensive network of quality checked counsellors, which spans the entirety of the UK, ensures you are able to schedule appointments at dates and times that suits your individual needs. Reaching out for counselling services can be a big step, so we are committed to ensuring that the process is as easy and accommodating as possible.



# 90%

**of our member schools  
prefer face-to-face  
sessions**



# 10%

**of our member schools  
prefer to use our virtual  
counselling sessions**

To access, please complete  
a Healthcare Request Form:



Alternatively, please scan this  
QR Code with your smartphone:



[Mental Health  
and Wellbeing  
Services](#)

[Menopause  
Support Services](#)

[Healthcare  
Services](#)

[Live Webinars](#)

[How to access](#)





# Financial Wellbeing Coaching

Financial freedom starts here

In today's economic landscape, managing finances can be an overwhelming task. Our coaching services provide an opportunity for a "fresh start", redefining the approach towards positive financial wellbeing.

Our coaches do not simply focus on the numbers, they delve into your own financial mindsets and habits to help create a comprehensive plan for a brighter future.

**Our efficient coaches will share some tips and resources to:**



Access to a 24/7 digital content library



Customise a personal financial plan



Discuss any financial concerns



Support your wellbeing to encourage talking about your money worries

To access, please complete a Healthcare Request Form:



Alternatively, please scan this QR Code with your smartphone:



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

[Healthcare Services](#)

[Live Webinars](#)

[How to access](#)





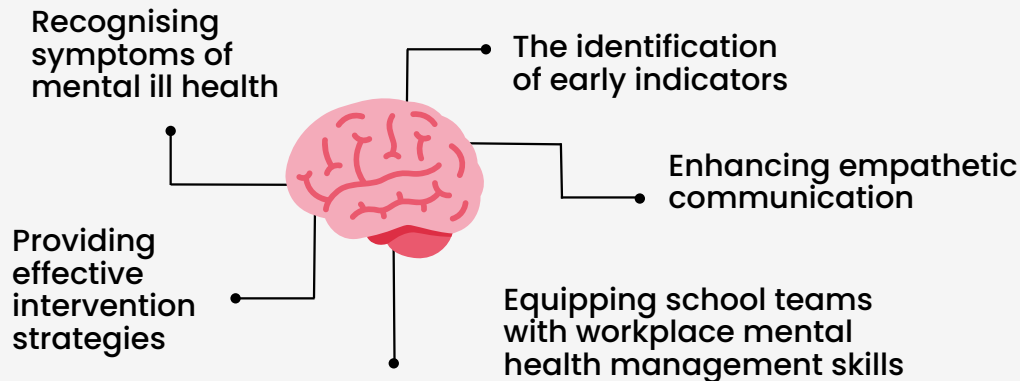
# Mental Health First Aid Training

**Keep your mind healthy**

Mental health is just as crucial as your physical health, however it often goes unnoticed. Mental Health First Aid is like CPR for the mind – a set of tools and knowledge that can make a real difference in someone's life.

This informative training session is designed to equip you with the knowledge and skills needed to identify the signs of mental health issues among yourself and your colleagues.

## Our training program encompasses a wide array of critical areas including:



To access, please complete a Healthcare Request Form:



Alternatively, please scan this QR Code with your smartphone:



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

[Healthcare Services](#)

[Live Webinars](#)

[How to access](#)





# Useful Wellbeing Resources

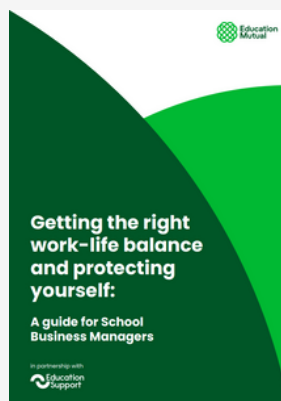
Fuel your wellbeing, empower your mind



## 1. Supporting each other with mental health and wellbeing: A guide for School Business Managers

Use this guide to help your colleagues maintain positive wellbeing in your professional role.

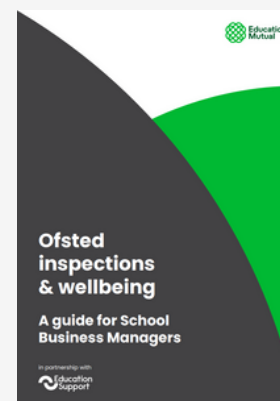
<https://www.educationmutual.co.uk/wp-content/uploads/2022/11/Resource-1-Mental-health-and-wellbeing.pdf>



## 2. Getting the right work-life balance and protecting yourself: A guide for School Business Managers

Use this guide to aid the creation and management of a healthy work-life balance.

<https://www.educationmutual.co.uk/wp-content/uploads/2022/11/Resource-2-Work-life-balance.pdf>



## 3. Ofsted inspections and wellbeing: A guide for School Business Managers

Use this guide to help uphold your own mental health, as well as that of your colleagues, throughout Ofsted inspections.

[https://www.educationmutual.co.uk/wp-content/uploads/2023/03/Resource-3-Ofsted\\_3.pdf](https://www.educationmutual.co.uk/wp-content/uploads/2023/03/Resource-3-Ofsted_3.pdf)

You can print, download and share all guides available using the links above to stay mentally healthy

Created in partnership with 



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

[Healthcare Services](#)

[Live Webinars](#)

[How to access](#)



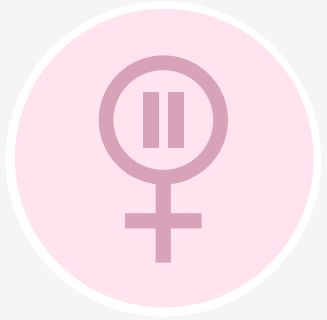


Education  
Mutual

# Menopause Support Services

The menopause is an inevitable phase in every woman's life and each journey is unique and often challenging.

At Education Mutual we understand the significance of the transformative period. Our dedicated team have crafted a tailor made package of support services to help you navigate your way through your own menopausal journey.

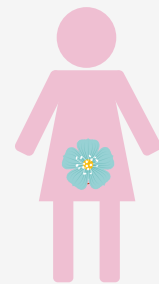


# Menopause Counselling

Embrace change, embrace you

Menopause counselling provides a safe and confidential space for individuals to explore their feelings, concerns, and questions.

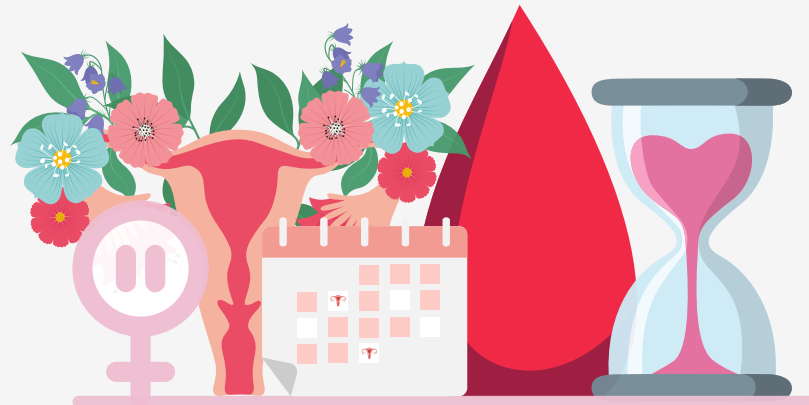
Our expert counsellors are trained to address the emotional and psychological aspects of this transition, offering guidance on managing anxiety, mood swings, and other emotional challenges that may arise. We believe that open dialogue and professional support are essential in helping individuals embrace this new chapter with confidence and resilience.



# 90%

of UK workplaces

have no formal support for women experiencing the menopause



To access this service, please call this number or complete a Healthcare Request Form:



03331100074



[Mental Health and Wellbeing Services](#)

▶ [Menopause Support Services](#)

[Healthcare Services](#)

[Live Webinars](#)

[How to access](#)







# Menopause Webinars

Embrace educational empowerment

We host specialised webinars for those managing menopausal symptoms and supporting others in this phase of life.

## Navigating Menopause: Your Personal Journey

Our menopause webinar empowers individuals with practical guidance and personalised strategies to navigate their unique experiences during this life stage.

 **18th June @ 4pm**

 **20th June @ 10am**

## Menopause: Supporting Staff in the Workplace

Our workplace support webinar provides insights and strategies for both employees and employers to foster a supportive environment for those who may need it.

 **5th March @ 4pm**

 **12th March @ 10am**

To access, please scan this QR code with your smartphone to register for a date of your choice:



[Mental Health and Wellbeing Services](#)

➤ [Menopause Support Services](#)

[Healthcare Services](#)

[Live Webinars](#)

[How to access](#)





Education  
Mutual

# Healthcare Services

Becoming an Education Mutual member school doesn't just enhance your absence protection; it opens doors to a wide range of health and wellbeing services, included in the membership at no additional cost.



NEW

# Maternity & Paternity Support

Helping you to navigate parenthood

This new specialist service has been introduced to provide expectant parents with the guidance, resources, and care they need to navigate this remarkable time throughout periods of pre-leave, during and post-leave.

From expert advice on pregnancy health to assistance in planning for your period of leave and a return to work, our Self Development & Career Coaches are here to provide a smooth and empowering transition.

An opportunity for new mothers and fathers to discuss all things relating to the challenges parents may face

## Session Dates:

- 20th March @ 11am
- 17th April @ 11am
- 15th May @ 11am
- 12th June @ 11am
- 16th October @ 11am
- 13th November @ 11am

To access, please scan this QR code with your smartphone to register for a date of your choice:



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

[Healthcare Services](#)

[Live Webinars](#)

[How to access](#)





# Flu Vaccines

Shielding you throughout the winter

We believe in supporting those who support staff; this initiative is just one of the many ways we demonstrate our commitment to your welfare.

Staff members who are not eligible for a free vaccination through the NHS, and are named on the membership, can access free flu vaccines through Education Mutual.

Flu voucher service provided to you via

*"We're so delighted that Education Mutual offered the flu vaccination to all our covered employees this year.*

*Compared to last year, the level of sickness has dropped for this time of year which has relieved the stress of trying to cover any absences."*

**Denise Stratfull**

School Business Manager

This service is accessible from September – December

You will be contacted via email from August to provide you with access



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

▶ [Healthcare Services](#)

[Live Webinars](#)

[How to access](#)





# Physiotherapy

Restoring motion and revitalising lives

At Education Mutual, we take pride in our expansive nationwide network of highly skilled physiotherapists.

We prioritise your staff by arranging face-to-face sessions at times, dates, and locations that align with their schedules and preferred locations.

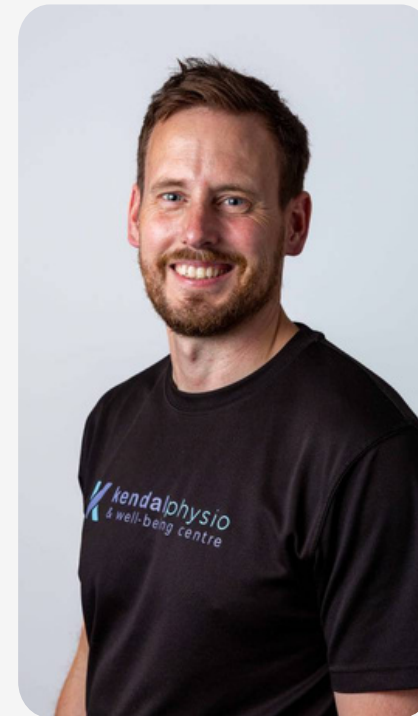


# 95%

of our physiotherapy sessions are delivered within a 5 mile radius of the staff members home address

*"As part of the Education Mutual physiotherapy network, we are experts in treating musculoskeletal injuries that affect your joints, muscles, nerves and tendons. Our approach is based on listening and taking the time to understand your problem."*

*Following a thorough assessment, we develop a treatment plan that details your journey from where you are now to where you want to be so you know what to expect and when".*



**Richard Clarke**

Part of the Education Mutual physiotherapy network



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

▶ [Healthcare Services](#)

[Live Webinars](#)

[How to access](#)

To access, please complete a Healthcare Request Form:



Alternatively, please scan this QR Code with your smartphone:













# Nurse Support Service

Here to listen, here to encourage

Education Mutual's Nurse Support Service embodies compassion and expertise, driven by a team of registered nurses who possess a wealth of knowledge and a strong understanding of the physical, mental, and emotional needs of individuals.

Our dedicated nurses serve as pillars of strength during some of life's most challenging moments. They each extend their invaluable assistance and unwavering support to those in need.

**Our Nurses support those going through various circumstances, including:**

-  Cancer
-  Stroke
-  Medical Trauma
-  COVID-19
-  Cardiac Conditions
-  Mental Health Illnesses
-  Life-Changing Conditions
-  Life-Limiting Conditions

To access this service, please call this number or complete a Healthcare Request Form:



03331100074



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

 [Healthcare Services](#)

[Live Webinars](#)

[How to access](#)





# 24/7 GP Service

Managing your health doesn't  
always fit into the 9 to 5

Our service is a valuable resource that offers individuals the utmost flexibility when it comes to accessing expert medical advice. Connect with a qualified general practitioner from the comfort of your home, office, or wherever you are. Prioritise your health on your terms.

We understand that medical concerns can arise at any moment. That's why our team of experienced and compassionate general practitioners are available 24/7, ensuring you have access to quality healthcare whenever you need it.



Staff can choose telephone or video consultations to suit their preference



Advice around the clock, whenever you need it



GPs can organise private prescriptions for collection at your local pharmacy

To access this service, please call this number or complete a Healthcare Request Form:



03331100074



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

▶ [Healthcare Services](#)

[Live Webinars](#)

[How to access](#)







# Surgical Assistance Programme

It's time to cut out NHS wait times

There is often a lengthy NHS waiting list for common surgical procedures, meaning employees can remain out of work for a considerable amount of time.

Our surgical assistance programme involves coordinating and overcoming obstacles you and your employees face relating to the healthcare system. Research has found that the sooner a procedure is carried out, the shorter the recuperation period.

## Our Case Managers help by:



Facilitating private specialist surgical procedures



Ensuring that all procedures are carried out in private local hospitals to you



Providing useful advice after seeing a specialist

To access this service, please call this number or complete a Healthcare Request Form:



01623 287840



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

[Healthcare Services](#)

[Live Webinars](#)

[How to access](#)







# Full list of all 2024 webinars

Connect, learn and thrive

Our webinars are conducted regularly throughout the academic year and are accessible to all education staff at no cost. They provide a rich source of knowledge and support throughout the school year.



Mental Health  
First Aid



Dealing with  
Bereavement



Stress  
Management



Navigating  
Parenthood



Navigating  
Menopause:  
Your Personal  
Journey



Menopause:  
Supporting  
Staff in the  
Workplace



To access, please click the webinar button above or scan this QR code with your smartphone to register:



[Mental Health  
and Wellbeing  
Services](#)

[Menopause  
Support Services](#)

[Healthcare  
Services](#)

► [Live Webinars](#)

[How to access](#)





# How to access:



03331100074

Scan this QR Code to complete  
a Healthcare Request Form



# How to: Healthcare Request Form

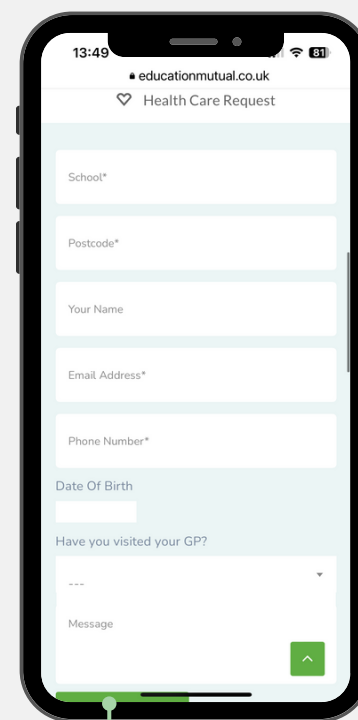
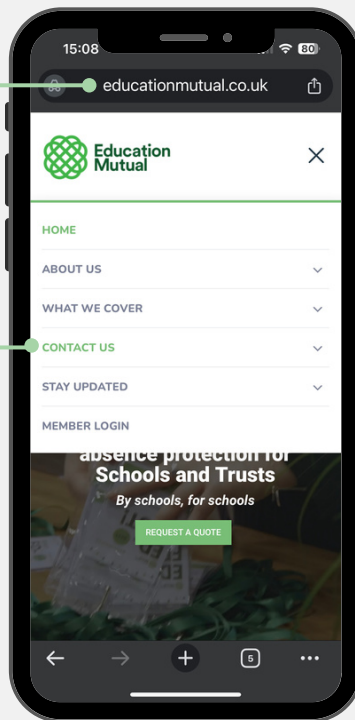
Our streamlined process ensures a user-friendly experience, allowing you to submit healthcare requests effortlessly

Visit the



website

Head to the  
'Contact Us'  
page



Scroll down  
and click  
'Health Care  
Request'

Fill out the  
form and  
submit!



[Mental Health  
and Wellbeing  
Services](#)

[Menopause  
Support Services](#)

[Healthcare  
Services](#)

[Live Webinars](#)

[How to access](#)

To complete a  
Healthcare Request  
Form, click here:

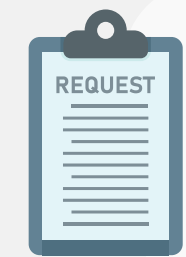


Alternatively, please  
scan this QR Code with  
your smartphone:



# Health is on the way

Our streamlined process ensures a user-friendly experience, allowing members to submit healthcare requests effortlessly



1

## Request

Submit a healthcare request via the **Education Mutual website** or by calling the relevant **number**.



2

## Referral

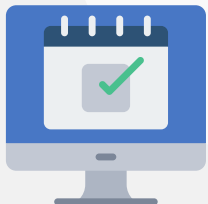
The team at Education Mutual will contact you to initiate a referral.



3

## Respond

Within 48 working hours a healthcare professional will contact you to perform a detailed triage, ensuring that you receive the right support.



4

## Book

You can book your appointment with your healthcare professional at a date and time that suits you.

For the below services, please call:



Nurse Support Service



Financial Wellbeing Coaching



Menopause Counselling



24/7 GP Service



03331100074



[Mental Health and Wellbeing Services](#)

[Menopause Support Services](#)

[Healthcare Services](#)

[Live Webinars](#)

[How to access](#)





**We're the UK's largest member owned  
provider of staff absence protection**



**Education  
Mutual**



01623 287840



[www.educationmutual.co.uk](http://www.educationmutual.co.uk)



[learnmore@educationmutual.co.uk](mailto:learnmore@educationmutual.co.uk)

SCAN ME



To access the services included  
in your membership, scan this  
QR Code with your mobile  
device to complete a Healthcare  
Request Form



**Gold Trusted  
Service Award**  
2023

feefo



**Gold Trusted  
Service Award**  
2024

feefo