What support is available to me?

- Your Line Manager
- Your Human Resources Department (Melissa Dunn and Richard Jones)
- Your Head Teacher (Debbie Rix)
- Your Head of School (Monika Gaweda)
- Your Mental Health Lead (Sinéad Bevan)
- Consultative support with CTA Team (Coordinator: Fiona Woodworth)
- A Linden Lodge Mental Health Champion (there are nearly 40 across the school!)
- 'Time to Talk' with Psychologists Dr Simon Ungar or Dr Charlotte Orme-Stapleton (book through Sinéad Bevan)
- Your Employee Assistance Programme*: free and confidential counselling

*Call 0800 243 458 or email assistance@workplaceoptions.com to access counselling immediately