WHOLE SCHOOL WELLBEING



SAS

Schools Advisory Service

schooladvice.co.uk

Our Values

We exist to *make a difference*.

Our services are designed to help staff feel happier, healthier and bring their best selves to work. The schools we support all aim to give pupils a solid foundation to grow, develop and thrive; and we align with this by providing financial peace of mind and comprehensive wellbeing support to foster a thriving environment for success.

Our services empower everyone to be happier, healthier, more resilient and accountable for their own wellbeing and that of their whole school community.





















Schools Advisory Service (SAS) is the chosen partner for over 4,500 schools, academies and trusts across the UK.

Established in 1997, we are the sector's most experienced provider of Staff Absence Insurance and Whole-School Wellbeing.

While many providers offer insurance, our policies are built on active prevention. We support over 250,000 staff with an extensive in-house team of NMC-registered nurses and experts. This clinical-led approach means we don't just outsource your care, we manage it. The result is higher quality support and faster intervention than traditional models can match.

We secure school budgets, protect staff health and ensure stability from the staffroom to the classroom.

The Only Provider Offering:



Unlimited Counselling



On Site Health Screening



Leadership Supervision



In-house nurses and experts

Our Wellbeing Services

When you choose a Schools Advisory Service Absence Cover Policy, all insured staff gain free access to our comprehensive school wellbeing package, a service unmatched by any other provider or government body. Over the years, we've brought together expertise from school networks, the NHS, in-house NMC-registered nurses, therapists, BACP registered counsellors and industry experts to create a truly one-of-a-kind provision. This support is included with all policies, ensuring that your staff receive the care they need when they need it most. *Where additional or enhanced support is required, this can be arranged as an optional add-on.*



Complementary Wellbeing

- Unlimited Counselling
- Cancer & Chronic Conditions Support
- GP Phone Consultations
- Menopause Support
- 24 Hour Support Through Our App
- Leadership Supervision
- Occupational Health Support
- Nurse Support
- Physiotherapy
- Private Medical Operations
- Pupil Counselling
- Annual Health Screens
- Weight Management
- Critical Incident Support
- Flu Jabs
- Plus More!

Over 4,000
Counselling sessions and 4,000 physiotherapy sessions each month

Over 300,000
Education staff and pupils supported across the UK

17%
Reduction in staff absences with the UK's leading wellbeing support

4,500
Schools, academies and trusts supported across the UK

Mental Health

Mental Health Services

Mental health amongst school staff in the UK is a growing concern, with recent statistics showing that **around 4 in 5, or 76% of education staff** experience stress at work, rising to **86% for senior leaders.**

SAS actively supports schools by providing extensive mental health services and resources for staff, all aimed at helping your school prevent and reduce absences. Whether you're seeking support for stress, anxiety, depression, or other mental health challenges, our goal is to help you access the resources you need to lead a healthy, balanced life.

Educational Leaders also face high expectations, heavy workloads and emotional demands, which is why we provide critical incident support for school leaders. SAS are there to support you when you're feeling completely overwhelmed with the pressure and demands of your role.

Source: Education Support: Teacher Wellbeing Survey 2025

Mental Health

Counselling

Research shows that stress, depression and anxiety accounts for 46% of absences within schools and academies. We are doing everything we can to reduce this figure.

SAS offer **unlimited, private and confidential** therapy sessions with BACP registered counsellors for named staff. These phone based sessions are available whether your staff are still working or absent due to illness. The reason for counselling does not need to be work-related, and no GP referral is needed.

Source: Education Support: Teacher Wellbeing Index 2025

BSL Counselling

We provide specialist counselling for staff and pupils delivered in British Sign Language. This service is lead by qualified practitioners with deep experience in supporting Deaf individuals, ensuring inclusive care is a core part of your school wellbeing culture.

Mental Health

Wellbeing & Therapeutic Support

Supporting school staff through evidence-informed wellbeing practices, therapeutic techniques and professional supervision.

Our tailored support provides a safe, confidential space to explore challenges, build resilience and develop practical tools to support positive wellbeing, both personally and professionally.



Ask June - Personal Development Coach

June is an accomplished therapist with over 15 years' experience, specialising in managing anxiety and stress. Her qualifications include:

- Neuro Linguistic Programming Practitioner
- Clinical Hypnotherapist DipHypGHR
- UK College of Mindfulness accredited teacher
- Coach ABNLP
- Psychotherapist MNCP

Mental Health

Wellbeing & Therapeutic Services

Therapeutic Support

Confidential, tailored support to explore thoughts, feelings and challenges, helping individuals build resilience and develop practical tools for positive wellbeing. Support may include one-to-one therapy, Limiting Beliefs sessions, NLP Timeline Therapy and Clinical Hypnotherapy, tailored to individual needs.

Reflective Safeguarding Supervision

Protected, confidential space for Designated Safeguarding Leads to reflect on their practice, either one-to-one or in a group. Supporting clearer thinking, professional judgement, wellbeing and resilience.

Mindfulness & Relaxation

A range of guided mindfulness and relaxation support to help manage stress, build awareness and find calm. This includes The Relaxation Room, with 30+ recordings, and The Relaxation Room Live, a weekly 30-minute online session with June.

Confidence & Personal Development

Support to overcome self-doubt, build confidence and develop a more positive mindset, with practical techniques to help individuals work towards their personal and professional goals.

Health Line

Health Line

Our Health Line is designed to provide fast, reliable and expert-led support whenever you need it. From compassionate NMC-registered nurse support and cancer & chronic illness guidance to menopause advice, counselling referrals and 24/7 GP consultations, our integrated service ensures you have access to the right care 24 hours a day 365 days a year.

Whether you need medical advice, emotional support or a pathway to long-term wellbeing, our dedicated team is here to listen, guide and support you every step of the way.

Ask Mandy - Head Nurse

Mandy is a NMC-registered nurse, with a special interest in palliative care. She has had experience working for the NHS for over 20 years and has been a vital line of support for schools, working with SAS for over a decade.



Health Line

Nurse Support

Last year, our NMC-registered nursing team received **over 2,700 wellbeing enquiries** per month for support from school staff across the UK. At SAS, our Nurse Support service is an integral part of our Health Line service, providing professional, compassionate and expert guidance. Our team of in-house NMC-registered nurses are available to take your calls, visit your school or deliver engaging webinars to support your health and wellbeing.

Our nurses bring a wealth of experience across multiple specialties, ensuring you receive knowledgeable and tailored advice. Whether you have general health concerns or require specialised support, we are here to help.

Available daily from 8:30 AM to 4:30 PM as part of our Health Line service, our Nurse Support service makes accessing care easier than ever. With unlimited consultations, you can call at a time that suits you, and our team will listen, guide and signpost you to relevant services and resources.

Health Line

Nurse Support Services

Cancer & Chronic Illness Support

Our NMC-registered nursing team provides vital emotional support to those diagnosed with cancer or chronic conditions, helping staff navigate challenging times with compassion and expert guidance.

Menopause Support

All our in-house NMC-registered nurses are trained to support clients with menopause queries, following current, up to date research based practice regarding symptoms and treatment options.

Health Screening

Organised by and held at your school, our NMC-registered nurse-led Health Screening Days provide confidential health checks for your staff. Assessing blood pressure, BMI, cholesterol and lifestyle risks. With expert guidance on physical and mental wellbeing, we help identify concerns early and offer referrals for further support if needed.

Health Line

GP Phone Consultations

Our integrated GP service gives you 24/7 access to practicing GPs, ensuring you receive the highest level of medical care and support, day or night, 365 days a year. With unlimited consultations, there are no restrictions on call length or frequency, so you can take the time you need to discuss your concerns. If required, same-day appointments are available and prescriptions can be provided when needed*. Whether you need reassurance or a diagnosis, our GP service ensures fast, professional care without the wait.

We provide holistic support with access to NMC-registered nurses, physiotherapists, counsellors, and lifestyle coaches. Additionally you can join our “Happier, Healthier You” community and download our ‘School Wellbeing’ app, both offering ongoing support and motivation.



** Private prescription charges will apply.*

Physical Health

Weight Management

Our weight management services provide a supportive environment for sustainable lifestyle changes, helping you take charge of your health and wellbeing for a happier, healthier life with ongoing support.

Slimming World

SAS are able to provide access to a 12-week weight management service for staff with a BMI above 30. Slimming World will provide a “readiness to change” interview with one of their consultants.

We also offer an introductory 3-Week Weight Management programme as part of our Happier Healthier You platform.

Happier Healthier You

Our team of SAS experts have developed a Community Platform, Happier Healthier You, built specifically to help you improve daily habits and reach your mental and physical health goals. Make positive changes to your overall health and fitness with guidance from our multi-disciplinary team and the support of a like-minded community.

Our community is fully inclusive and we welcome people who are keen to commit to our array of wellness programmes, join live online classes and sessions, and interact with others on our bespoke private platform. We look at how incorporating simple habits into our lifestyle can have a lasting impact on our overall health.

Our experts will take members on a journey to help you find your health goals, build actions, master your mindset, improve daily habits, and improve your health and fitness with a proven, tried and tested approach on how to become the best version of yourself.

The platform offers a wide array of courses and resources you can access for all your different wellbeing needs.

Happier Healthier You

Happier Healthier You

SAS Gym

SAS Gym offers a fitness and wellbeing community led by our expert team. Members gain access to pre-recorded classes, nutrition and fitness advice, pre-set workouts, and exclusive resources. With direct support through live chats and interactive discussions.

Manspace

Hosted on our Happier Healthier You platform, Manspace provides a community space where you'll find a wide-range of male-specific resources and information, such as dealing with Male Menopause, the reduction of testosterone and how to improve it, and help and support for much more relating to your mental and physical wellbeing.

Happier Healthier You

3-Week Weight Management Programme

A guided 3-week programme designed to give you the tools needed to kick-start your weight loss journey, whether you're looking to lose, gain or control your weight. You'll also get access to our Happier Healthier You and SAS Gym communities.

6-Week Wellness Programme

Led by our in-house team of experts, this transformative course helps you reset, refocus, and build lasting habits for better health and wellbeing. Enjoy daily online content, weekly live webinars, and expert support as you explore themes like mindset mastery, weight management, activity, muscle health, overall wellbeing, and mindfulness.

Mastering Mindfulness

In this 4-week programme, June will teach you to stand back from your thoughts and start to notice their patterns. Gradually training yourself to notice when your thoughts are taking over and realising that your thoughts do not have to control you. After the course you will be part of our Happier Healthier You community, offering ongoing support and resources to help you live a more fulfilling life.

Physical Health

Physiotherapy

SAS offers a range of physiotherapy resources to help manage and treat a variety of conditions. To reduce waiting times, we provide a private physiotherapy service that allows staff to begin treatment and alleviate discomfort while waiting for a referral.

Each client will have a phone consultation with an experienced physiotherapist who will create a personalised treatment plan tailored to their needs. If further intervention is needed, clients will be referred to a local clinic for additional support.

Ask Mike - Physiotherapy Expert

Mike is a state-registered physiotherapist on the HCPC register. With almost 30 years' experience, he has a strong background in developing and delivering services for the NHS.



General Health

General Health Services

In the UK, school staff typically take an average of **7-9 days of sick leave** each year. Our General Health services are dedicated to offering comprehensive care that supports both the prevention and treatment of a wide range of personal health issues, ultimately contributing to better health outcomes and an enhanced quality of life.

These services are carefully designed to address the most common health needs of staff, ensuring the maintenance and improvement of their overall health and wellbeing. From food intolerance testing to financial wellbeing support, our range of services are tailored to help staff thrive in both their personal and professional lives.

General Health Services

Food Intolerance & Allergy Testing

We have teamed up with YorkTest, the UK's #1 food intolerance and allergy test provider, to offer a unique discount on their hassle-free premium home blood tests for food intolerance, allergies and health insights to help you identify your food sensitivities.

Preparing Parents

We've partnered with CM Talent to provide a practical wellbeing and career support resource for all staff (including those without kids!). This practical guide aims to help managers and employees navigate parental leave processes while empowering everyone to successfully handle this change - in an open and inclusive way.



General Health

General Health Services

Financial Wellbeing

Insured staff can claim reimbursement for the cost of engaging their own financial advisor. This support can cover advice on a wide range of topics such as personal finance, investments and savings, mortgages, and more.

Comprehensive Disability Support

Get access to a significant volume of specialist disability support roles across the UK. This includes qualified support workers, tutors, and mentors experienced in working with individuals with various needs, including learning difficulties (e.g., dyslexia, dyspraxia), physical disabilities, and sensory impairments.

Critical Incident Support

In difficult times, immediate and professional support is crucial. We provide expert mental health counselling and guidance to help your leadership team navigate stress and crisis with confidence.

General Health Services

BSL Support

BSL support is a highly specialised area that can be challenging to fill due to UK-wide demand and availability. Our team is well-positioned to support you should this need arise. We have 400 fully qualified interpreters available across all areas, so we can provide support for meetings, in-class assistance, and more.

We also offer workshops and additional consultancy on Deaf Awareness and inclusivity for you or your partner schools. With the upcoming BSL GCSE, we foresee a real need for increased knowledge and awareness in this sector.

ECT Mentoring

We understand the importance of supporting teachers in the early stages of their careers. Our NQT/ECT mentoring programme provides guidance and support to new teachers, helping them develop their skills and confidence. This can be delivered through a combination of face-to-face and online mentoring sessions across the country, depending on your client's needs.

General Health Services

Flu Vaccinations

Schools can provide their staff with flu vaccination vouchers, ensuring a healthier workforce, reduced absenteeism, and a simple, hassle-free way to support wellbeing across the school community.



Pupil Wellbeing

Pupil Wellbeing Services

Designed with the intent to meet the Ofsted criteria, and to help support schools in making the most positive impact possible on the wellbeing of pupils.

Pressure on schools and academies to provide support for pupils with increasingly restricted budgets has led to increased demand on school staff over the years. This is where we can make a difference.

Contact our team to access these services.

Educational Psychology

Providing online specialist educational psychology assessments to help schools better understand and support pupils' learning, behaviour, and development.

Pupil Wellbeing Services

Pupil Wellbeing

Pupil Counselling

Access Pupil Counselling support faster, including:

- Initial assessment plus additional 40 minute flexible sessions
- Ideal for helping with a wide range of needs
- Flexible online sessions which are logged and monitored
- Minimal waiting time for sessions
- Routinely scheduled for the pupil
- All therapists are insured, BACP-registered and appropriately supervised

Pupil Speech and Language Therapy

SAS can help schools source private, high quality speech and language therapy, that is designed to support the needs of the individual pupil. Our speech therapy support can help reduce waiting times and provide regular weekly sessions to a pupil in need of support with minimal delay to start therapy.

Pupil Wellbeing

Pupil Wellbeing Services

Pupil Yoga

Create a calming, focused atmosphere in the classroom with our specially designed Pupil Yoga video tutorials. Each 15-minute session is tailored to address a range of emotions, helping students relax, refocus and maintain balance throughout their day.

In partnership with Yoga in Schools, SAS offers access to high-quality yoga instructors who bring expert guidance either in person or through video links, catering to your school's needs. On-site pupil yoga is available, get in touch with our team to discuss.

Pupil Yoga provides numerous benefits, enhancing spiritual, mental, and social wellness - key elements of the Ofsted framework. It's the perfect addition to the PSHE curriculum, empowering pupils to practice self-care and mindfulness.

Pupil Mindfulness

Take your pupils on a journey of relaxation, guided by SAS Mindfulness and Wellbeing Consultant, June Brade. Recordings are available for use to help students unwind and relax. The library of content will continue to grow.

Occupational Health

Occupational Health

SAS helps schools reduce disruption caused by staff absence, minimise productivity loss, and support a faster return to work.

Unlimited Pre-Placement Questionnaires (PPQs), used to identify potential health or wellbeing barriers for new staff, are included with your SAS policy. This service can be enhanced with Occupational Health Plus (OH+).

Enhance with OH+:

- Unlimited Occupational Health Assessments (OHAs & OHPs) - Independent assessments by qualified Occupational Health Physicians or NMC-registered Advisors on fitness for work and ongoing support needs.
- Direct Access to Dr HR - Get expert guidance from a doctoral-level HR specialist on complex HR, absence, and ill-health matters.
- Flexible Ill-Health Retirement Support (PAYG) - Specialist assessment and guidance is available when needed, without adding ongoing cost.

Why choose OH+? It gives you comprehensive, expert support for staff health and wellbeing, beyond the standard PPQs, so schools can stay productive and compliant, no matter the challenge.

Leadership Support

Leadership Support

SAS offers a dedicated supervision support service specifically for schools. This initiative helps school leaders manage job stress, foster emotional resilience and promote professional growth through reflective sessions.

Life Coaching

Regular, scheduled one-to-one or group leadership supervision support. Proactive support that helps provide school leaders with strategies and models to help them make sense of challenges and problems that they face.

Reflective Practice

An opportunity to confidentially speak with an experienced school leader to discuss some of the issues you're facing in your role.



Ask Andy - School Leadership & Pastoral Support

Andy has over 30 years of teaching experience and 17 years as a Headteacher. During that time, he served as President of NAHT, opened and led the Blackpool Teaching School Alliance and was a board member for the Blackpool Opportunity Area and the Blackpool Improvement Board.

Leadership Support

Leadership Support

School Business Leadership Support

Expert coaching, training, and consultancy for school leaders at every stage—from aspiring School Business Leaders to CEOs and MAT Boards. Our services help leaders build confidence, develop practical skills, and navigate the complex demands of school operations with clarity and strategy.

We support schools with leadership development, governance, finance, HR, and operational efficiency, ensuring teams are equipped to deliver sustainable results. Through tailored coaching, professional development programmes, and insightful resources, we empower school leaders to make informed decisions, reduce isolation, and lead with impact.

Ask Laura - SBL Coach & Training Support

Laura Williams, founder of LJ Business of Education, is an experienced school leadership coach who supports leaders from aspiring SBLs to CEOs, helping them build clarity, confidence, and practical skills. She also facilitates NPQH and NPQEL programmes and hosts the School Business Leadership podcast.



Leadership Support

Awards & Programmes

School Leaders Thriving Programme

The School Leaders Thriving Programme, supports school leaders in improving their own wellbeing and that of their school community. Our experts will guide you in implementing whole-school wellbeing through a suggested or tailored approach.

Mental Health Award

In partnership with Leeds Beckett University, this award boosts resilience, emotional intelligence, and wellbeing for your school community, offering a framework to showcase policies that improve mental health for staff and students.

Wellbeing Governors E-Module

Assigning roles like Mental Health and Wellbeing Governance Lead ensures strategic oversight and demonstrates commitment to supporting staff and student wellbeing, emphasising mental health, equality, resilience and effective support.

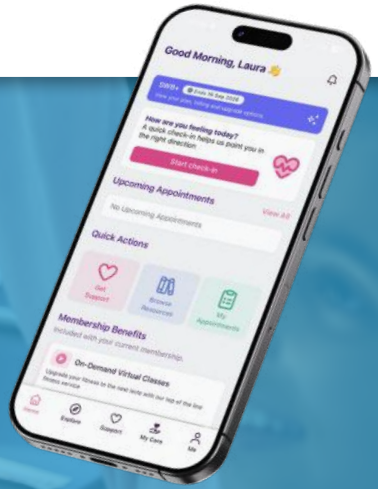
Accessing Our Services

Accessing wellbeing support has never been easier. Our Staff Wellbeing Portal and School Wellbeing app give staff named on your policy instant, confidential access to a wide range of wellbeing services.

From on-demand resources and signposting to virtual physiotherapy, counselling and GP consultations, support is available 24/7. Staff simply use their school's unique access code to create an account, then log in via the portal or download the free app from the Apple or Google Play stores, making help quick, clear and always within reach.

Download on the App Store

ANDROID APP ON Google Play



schooladvice.co.uk

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