School Wellbeing
at the heart of education

Wellbeing Solutions for Schools

Essential, Premium & Bespoke Packages to Suit Every Budget

How it works

We offer a range of packages that include our clinician-led services at the best possible value.

Our Essential and Premium packages bring together our most in-demand services—offering exceptional support at competitive prices.

Looking for something more tailored? Our Bespoke package allows you to build a solution that meets your school's specific needs.

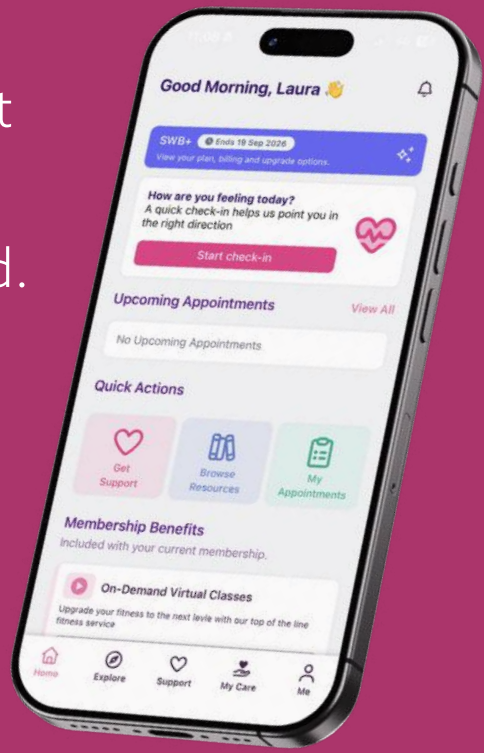
No matter which package you choose, staff can request support instantly through our free mobile app.

Simply search 'School Wellbeing' in your app store to get started.

Download on the App Store

GET IT ON Google Play

or click to download!



Boost awareness and encourage staff engagement with our Staffroom Wellbeing Pack—a proactive way to share what's available with your staff. Contact our team to find out more about what's included and how to get started.

Wellbeing Packages

From £10 per person

Essential

A cost-effective solution that meets the DfE's wellbeing requirements whilst providing your school with high-quality, proactive support that makes a real difference.

Includes key services such as:

Nurse Support & Health Line
Online wellness community
Podcasts & Webinars
Online fitness classes & courses
Classroom wellbeing videos
Pupil wellbeing programme

From £20 per person

Premium

All the benefits of the Essential package, plus additional services to further enhance your school's wellbeing offering.

Includes extras such as:

Counselling
Physiotherapy
Weight Management
6 Week Wellness Programme
GP Helpline
Leadership Clinic
Leadership Resources

Work with our team to build the best solution for your school community

Bespoke

Create a tailored package that meets your school's unique needs by choosing from our full range of wellbeing services.

Options include:

On-site yoga sessions
Educational Psychology Assessments
Speech & Language Therapy
Pupil Counselling
Staff Mindfulness Training

Contact our team to build your ideal solution

Essential Package

Expert Support When You Need It

Our in-house team of health professionals are here to support staff with a wide range of health and wellbeing concerns—whether you're looking for guidance, a listening ear, or help finding the right support. **No question is too big or too small!**

Our team of qualified nurses can offer confidential support on topics including (but not limited to):

- Bereavement
- Cancer and Chronic illness
- Mental health
- Menopause
- Mindfulness and Relaxation

Weekly Online Wellbeing Sessions

Staff are welcome to join our regular online sessions, which include:

- Mindfulness and The Relaxation Room with June
- SAS GYM online exercise classes
- Men's mental health groups
- Weight loss support groups

Proactive and On-Demand Support

All services within the Essential package are easily accessible—whether you're at home or in the classroom—via our mobile app or website.

All services are completely confidential.
Please note: some online sessions may require staff to have their camera on.

Starting from £10 per person

Essential

Services Included

Nurse Support

Our NMC registered nurses are on hand to offer support whenever you have a health concern. We can support by signposting you to the relevant SAS wellbeing services, assisting you with queries relating to your health and wellbeing, such as **Cancer & Chronic Illness, Bereavement** and **Menopause Support.**

Online Wellness Support

Join our online communities to gain access to a range of resources and support with like-minded people in order to help promote healthy lifestyle changes.

Ask Andy 1:1 Call/Email

Connect directly with Andy Mellor, Director of Wellbeing, for a one-to-one wellbeing or leadership strategy session by phone or email. Get personalised advice and practical support tailored to your individual needs or organisational goals.

Relaxation Room Podcast & Webinars

Regular podcast episodes and guided mindfulness & meditation evening webinar sessions, covering a range of topics with our Mindfulness Teacher, June.

Pupil Wellbeing: Mindfulness & Yoga Videos

Including our Pupil Wellbeing Programme, our Essential Package includes recorded mindfulness sessions recorded by our Mindfulness & Wellbeing Consultant, and access to 10 guided yoga videos focusing around a variety of emotions, in partnership with Yoga in Schools.

3-Week Weight Management Programme

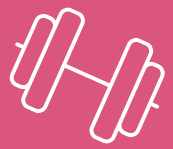
A guided 3-week programme designed to give you the tools needed to kick-start your weightloss journey, whether you're looking to lose, gain or control your weight. You'll also get access to our Happier Healthier You and SAS Gym communities.

Mastering Mindfulness Programme

Join our mindfulness expert for a 4-week course, built specifically for education professionals. The course aims to build resilience against stress and anxiety.

Happier Healthier You Community

We provide access to resources and programmes through our online community to help promote positive lifestyle changes, such as; online workouts, guided meditations, online nurse and nutritional support, and support and advice from our mindfulness and relaxation expert.



SAS Gym

Looking to improve your health and fitness? Access practical nutrition support, an online wellbeing community, and a range of ready-made workouts, challenges and resources designed to support a healthier lifestyle.

Preparing Parents

Get access to our interactive e-guide designed in partnership with CM Talent, which gives support to all staff and those preparing for parental leave.

Food Intolerance & Allergy Testing

We've partnered with YorkTest to offer you an exclusive discount on their comprehensive allergy and food intolerance testing kits, helping you take control of your health and wellbeing with confidence. Discover potential triggers and make informed dietary choices with trusted, science-backed results.

Premium Package

Comprehensive Wellbeing Support for Your School Staff

Our premium package builds on everything included in the essential package, offering an extended range of services designed to provide deeper, more personalised support.

Included services:

- Integrated GP Service
- Counselling
- Physiotherapy
- Leadership Support & E-modules
- Happier Healthier You Wellbeing Programme

Helping Staff Get Back on Track

With access to enhanced services, staff can feel confident they'll receive expert, end-to-end support tailored to their needs—right when they need it most.

Support Across the UK

We offer support across the UK, from in-person physiotherapy at a location that suits you, to a host of wellbeing services available for you to access online anytime, anywhere.

All services are completely confidential.
Please note: some online sessions may require staff to have their camera on.

Starting from £20 per person

Premium

Services Included

Counselling

Private counselling booked at a time convenient to you, inclusive of evenings and weekends. Our counsellors are registered members of BACP and able to support for a range of specialities. The need for counselling does not need to be work related and does not require any referral from a doctor.

Physiotherapy

Private physiotherapy booked at a time and clinic convenient to you, with start to finish support from our team to ensure a fast recovery. The need for physiotherapy does not need to be work related and does not require any referral from a doctor.

Complementary Services

A range of supportive therapies designed to help manage the physical and psychological symptoms that often accompany cancer and other chronic illnesses. These services aim to enhance overall wellbeing, ease discomfort, and improve quality of life alongside conventional medical treatment.

Supervision Crisis Support

Emergency mental health support specifically for school leaders facing a crisis. This service provides immediate access to professional care, helping you navigate high-pressure situations with guidance, emotional support, and practical strategies for managing stress and safeguarding wellbeing.

Leadership Clinic

Join weekly leadership support sessions with Andy Mellor, offering practical guidance on leadership challenges and improving whole school wellbeing. A space to share, reflect, and develop effective strategies.

6-Week Wellness Programme

We provide access to resources and programmes through our online community to help promote positive lifestyle changes, such as; 6-week programmes, Online Workouts, Guided Meditations and Nutritional Support.

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.

Weight Management

Kick-start your weight management journey with our tailored courses and programmes designed to give you the tools, resources, and ongoing support you need from our team of experts. Alternatively if you have a BMI above 30, you can opt for a 12-week Slimming World programme.

Ask Andy

A School Leadership and Pastoral Support hub hosted by Andy Mellor, Director of Wellbeing. He has shared useful resources to support school leadership and promoting a better wellbeing culture within the school community. For specific advice or support, you can contact Andy directly.

Integrated GP Service

Our fully integrated GP service allows you to receive a consultation and the ability to speak to a qualified GP 24/7, as well as ordering prescriptions direct to your nominated pharmacy.
Please note, if you accept a private medical referral or prescription this will need to be self-funded.

Wellbeing Governors E-Module

This online module in partnership with Leeds Beckett University, certifies a governing board member as a Carnegie Mental Health & Wellbeing Governance Lead, giving them the tools to champion staff and pupil wellbeing across the school.

Bespoke Wellbeing Solutions

Tailored Support to Meet Your School's Unique Needs

Create a wellbeing package that works specifically for your school or academy by choosing from our full range of services.

Mix and match to meet your priorities—and if there's something you're looking for that isn't listed, just ask. We're happy to discuss additional options.

Supporting Multi-Academy Trusts

If you're part of a multi-academy trust or federation, we offer scalable, cost-effective wellbeing solutions that can be rolled out across multiple sites.

Get in touch to explore flexible options that deliver value and impact across your organisation.

Leadership-Focused Wellbeing

Ask us about our School Leaders Wellbeing Programme—a specialised leadership focused provision designed to help leaders prioritise their own wellbeing whilst building a culture of support across schools and trusts.

All services are completely confidential.
Please note: some online sessions may require staff to have their camera on.

Contact our team

For discounted pricing and other solutions

Bespoke

Example of Additional Services Avai

Nurse Health Screening Days

Our NMC-Registered Nurses offer staff appointments to discuss any health concerns as well as checking BMI, blood pressure and cholesterol.

Stress Awareness Sessions

Delivered by our team of clinicians, stress risk management workshops can be tailored to the individual needs of your school. The workshop can be an interative session with staff on how to identify solutions to deal with stress, or more mindfulness focused that concentrates on relaxation techniques.

Pupil Counselling

Access fast, flexible online counselling for pupils, starting with an initial assessment followed by 40-minute sessions tailored to individual needs. All sessions are routinely scheduled, securely monitored, and delivered by insured, BACP-registered therapists under professional supervision.

Pupil Mindfulness Training

Gain access to our staff training which focusses on 'Introducing the power of mindfulness and NLP in your whole school approach' with Pupil Mindfulness expert, Kate Thomas. Kate has over 12 years' experience as a primary teacher and is trained in mental health for children and young people, including mindfulness and NLP.

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School Leaders Thriving Programme

Our Wellbeing and Leadership experts will support you and your leadership team to deliver whole school wellbeing, whether that's through our suggested pathway or a bespoke process.

Speech and Language Therapy

Experienced Speech and Language clinicians use a custom-built therapy platform to deliver thousands of sessions to children and young people across the country. Flexible weekly appointments available and therapy can be recommended within a number of days.

Educational Psychology

Benefit from a significant discount on access to a fully online, specialist Educational Psychology service, designed to provide short waiting times, faster reporting, and expert support tailored to individual needs.

On-site Pupil Yoga

Access on-site pupil yoga sessions in partnership with Yoga in Schools, designed to support wellbeing, improve focus, and reduce stress. Sessions are delivered by experienced instructors and tailored to suit a school environment.

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