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STAFF MENTAL HEALTH &
WELLBEING PROGRAMME

Evidence-based skills to improve staff mental health and wellbeing



Written by Psychotherapist & SENDCo



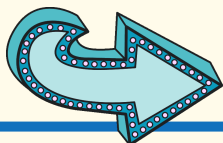
15 modules of practical strategies



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