



Email: SAL@northyorks.gov.uk Telephone: **01609 79 79 73**
Working together to provide practical support and advice to you through COVID-19

North Yorkshire County Council has put in place a new Staff Advice Line to support staff with any life challenges they may be facing during this pandemic. The #askSAL team is made up of knowledgeable and supportive members of staff who can provide a helping hand, practical support and signposting.

Your details and question will be taken by our friendly colleagues and we will ensure that your query or problem is passed to the most appropriate colleague to help.

Please note that if your query is about your employment or contract issues then your Headteacher or a member of your SLT continues to be the best person/s to speak to. However, you can ask SAL for help with your covid-related life challenges or questions, for example:

- I'm feeling isolated at home - what can I do to feel more connected?
- My partner has been furloughed and this is affecting our home finances - what can we do?
- I am struggling with my mental health - where can I go for help?
- I am working at home with young children and need some recommendations on activities to keep them occupied!
- I'm caring for someone with Covid-19 symptoms at home, is there any guidance on what I should do?
- I need to understand the changes to funeral arrangements and/or registering a death.
- I'd like to be linked up with others facing similar challenges as part of an informal support network. Can you help?

If you would like some tips on looking after yourself, we can recommend the [Every Mind Matters](#) NHS website where you can find lots of resources and support, including the opportunity to get your own personalised 'Mind Plan'.

If you feel you would benefit from confidential counselling, please remember you can contact Health Assured on 0800 030 5182.

Thank you for all you are doing! Look after yourself and remember, we're here to help.

