eleos

Supporting Schools & Education Settings

Clinically led psychological support designed around the realities of education

Helping schools, trusts and education leaders strengthen wellbeing, support safeguarding and create healthier, more sustainable education communities.

www.eleosgroup.co.uk

Supporting those supporting children and young people

Schools and trusts are navigating increasing complexity. Leaders and staff are supporting children and young people with a wide range of emotional, behavioural, safeguarding and mental health needs, whilst also managing increasing operational pressure, workforce challenges and rising expectations across the system.

Many schools already have access to wellbeing initiatives and external support services. Yet support can still feel difficult to access, disconnected from the realities of school life or overly focused on responding once difficulties have escalated.

At Eleos, we believe effective support should feel visible, trusted and relevant to the everyday realities of working in education. That means creating support that understands the pressures schools are navigating, the responsibilities staff are carrying and the importance of building healthier, more sustainable ways of supporting people over time.

> “Support should not feel separate from the work.”

Schools are increasingly navigating:

- Growing safeguarding complexity
- Workforce wellbeing pressures
- Recruitment and retention challenges
- Leadership pressure and accountability
- Increasing complexity of pupil needs
- Emotional demands associated with supporting others

Support works best when it feels trusted, visible and relevant

In education settings, support is most effective when it feels accessible, credible and connected to the realities of the work itself. That often means moving beyond purely reactive approaches towards support that becomes part of everyday organisational life.

Effective support is not only about responding when people reach crisis point.
It is about creating opportunities for reflection, consultation, learning and support before pressures become overwhelming.

It is also about recognising that different people within a school or trust may need different types of support.

- Leaders may need space to think through difficult decisions.
- Safeguarding teams may need psychologically informed consultation around complex situations.
- Staff working in emotionally demanding roles may benefit from reflective spaces and timely support.

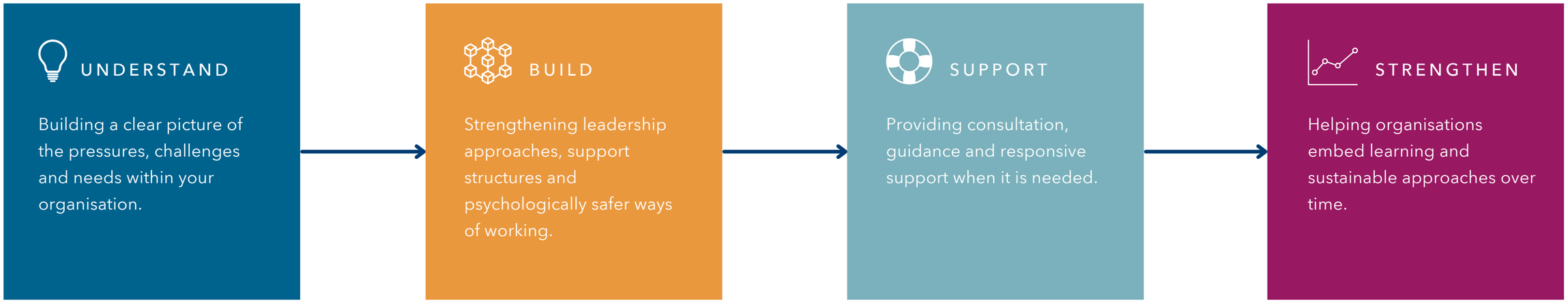
At Eleos, we work alongside schools and trusts to help create support that feels practical, trusted and sustainable within the realities of education.

Effective support often includes:

- Visible and trusted support
- Early access to consultation
- Reflective spaces for staff
- Leadership support
- Safeguarding consultation
- Responsive support following difficult incidents
- Ongoing learning and development

How Eleos works alongside schools and trusts

Our work is built around four connected functions that help organisations better understand pressure, strengthen support and create healthier, more sustainable ways of working.



Ways we can help

Schools and trusts rarely need a single solution. Some are looking to understand emerging pressures. Others are strengthening support structures, responding to difficult events or seeking specialist consultation around complex situations.

Our services can be commissioned individually or combined to create a support model that reflects the needs of the organisation.

Understanding Need

Building a clearer understanding of strengths, pressures, risks and opportunities.

ELEOS SCOPE | Comprehensive organisational scoping.

ELEOS INSIGHT | Focused review of key themes and priorities.

Ongoing Partnership Support

Embedding support into everyday organisational life.

ELEOS FRAMEWORK | Long-term partnership support.

Consultation and Guidance

Helping leaders and key staff think through complexity.

ELEOS CONSULT | Consultation for leaders, safeguarding teams and staff.

Responding to Challenges

Support following significant incidents, safeguarding concerns or periods of increased pressure.

ELEOS RESPONSE | Rapid support following critical incidents or significant events.

Accessing Additional Support and Learning

Helping people access the right support, strengthening resilience and learning over time.

ELEOS PATHWAYS | Clear routes into appropriate support.

ELEOS RE:MIND | Learning, resources and guidance.

> Different challenges require different types of support.

Flexible support built around your organisation

Every organisation starts in a different place.

Some schools are looking for support around a specific challenge. Others want to strengthen existing support structures.
Some are responding to a significant event, whilst others are looking to build a longer-term approach.

Our work is designed around the needs of the organisation rather than a fixed model.

Strengthening support across a school

A school wants to strengthen support for leaders, safeguarding teams and staff.

Support may include:

- Framework
- Consult
- Re:Mind
- Pathways

Outcome
More visible, trusted and accessible support.

Developing a trust-wide approach

A Multi-Academy Trust wants a clearer understanding of need and a consistent approach across multiple schools.

Support may include:

- Scope or Insight
- Framework
- Consult
- Strategic reporting

Outcome
A more coordinated approach to wellbeing, safeguarding and staff support across the Trust.

Responding to a difficult event

A school is navigating a serious incident, safeguarding concern or period of increased pressure.

Support may include:

- Response
- Consult
- Pathways

Outcome
Timely support that helps individuals, teams and leaders navigate challenging circumstances.

Learning from practice

Supporting a Multi-Academy Trust to strengthen mental health support

CONTEXT

A Multi-Academy Trust comprising 7 schools wanted to better understand how staff wellbeing, pastoral support and mental health provision were being experienced across the Trust.

THE CHALLENGE

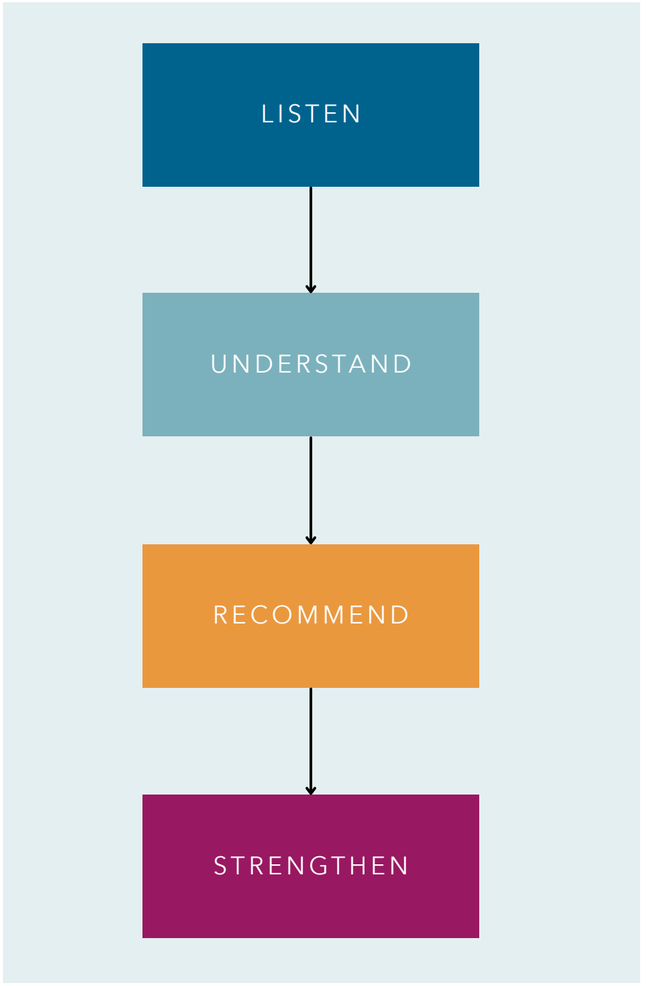
Increasing complexity, growing demand and a desire to strengthen consistency across schools.

OUR APPROACH

Listening to stakeholders, identifying key themes and developing practical recommendations for future development.

THE RESULT

A clear roadmap to help strengthen support, build on existing strengths and inform future decision-making.



Clinically led.

Human in approach.

About Eleos

Eleos brings together clinical expertise, leadership experience and a deep understanding of the realities people face when working in demanding roles. We work alongside organisations to create support that is trusted, practical and grounded in the pressures of the work itself.

DR CLAIRE BULLEN-FOSTER

Founder & CEO

Consultant Clinical Psychologist

HCPC Registered Practitioner Psychologist

Chartered Member of the British Psychological Society

LIAM STOWELL

Clinical Lead - Schools & Education

Registered Mental Health Nurse

NMC Registered Nurse

Whether you're exploring support for the first time, reviewing existing provision, or responding to a specific challenge, we'd be pleased to have a conversation.

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Support designed for the pressure of the work

Clinically led psychological support for organisations navigating responsibility, complexity and emotionally demanding work.

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