

Start Well

A research project supporting resilience and wellbeing in early career teachers.



hunter institute
of mental health
Putting Prevention First

This project was supported by
Teachers Health Foundation

**TEACHERS
HEALTH** 

We're for teachers

Research methods:



Early career teachers from NSW were invited to participate in a 20 minute online survey.

453

Number of teachers who responded to the survey.

Respondents answered questions related to:

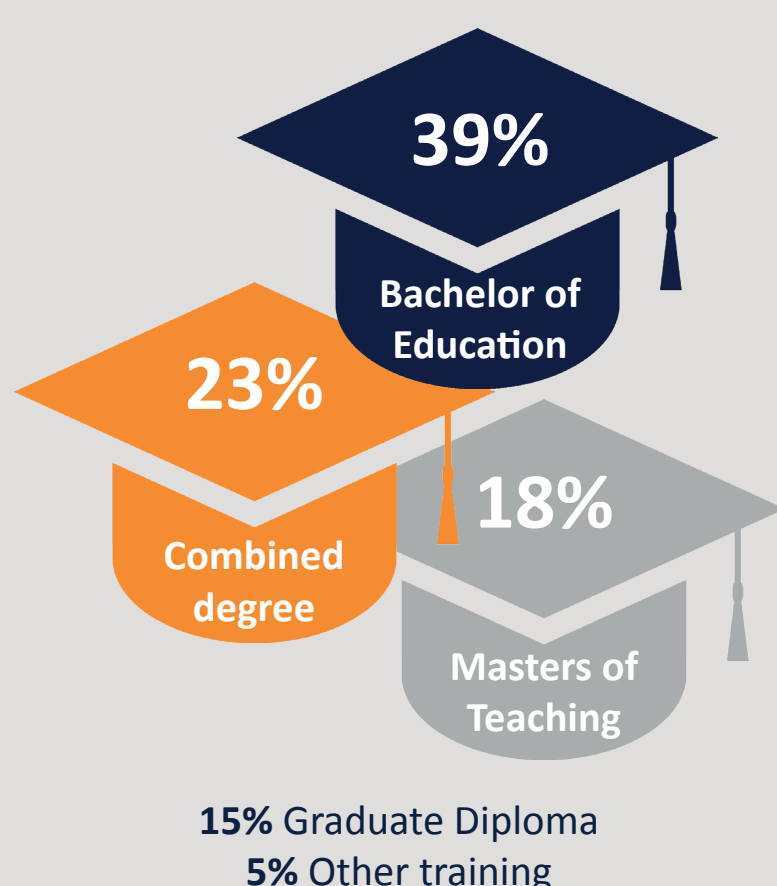
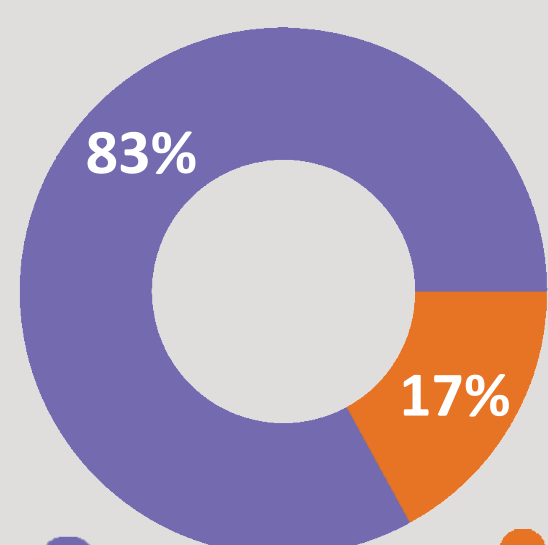
Living arrangements

Training and education

Support from others

Ways to better support them

Respondents:



The majority of early career teachers were **under 35 years of age** and in a relationship.

<35

What's it like to be an early career teacher?

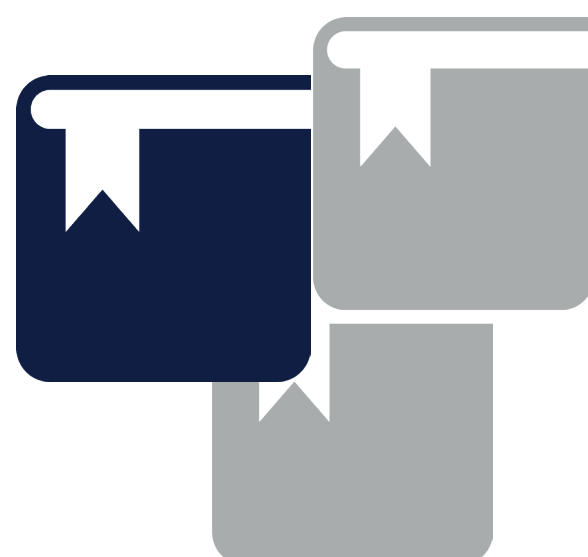


70%

Approximately **70%** of early career teachers received induction and/or mentoring.

Respondents were very confident building professional relationships in the workplace.

Almost all teachers noted that seeing students learn or building relationships with students were the most positive experiences they had.



1 in 3

early career teachers reported that time management and a large workload were some of their biggest challenges.

Results:

98% of teachers reported feeling at times stressed or overwhelmed.

99% of teachers said that peers play an important role in supporting other early career teachers.

2/3 of teachers noted they would find support services available on a mobile phone or tablet helpful, with **90%** saying they used their phones every few days.

Over **60%** of teachers reported they did not have a healthy work/life balance.

Over **30%** of teachers were either undecided or not planning to stay in teaching long-term.

Teachers with strong social support systems were **50%** more likely to plan to stay in teaching long-term than those without.

Start Well. **Be Well. Stay Well.**

www.himh.org.au/startwell