



# STAFF WELLBEING

# My Mind - Emotional wellbeing and mental health

- **Talking Therapies/Counselling** - Speak to a trained counsellor immediately. It's confidential and available anytime 24/7, 365 days a year. You can also arrange to have 6 structured sessions at a time to suit you, either on the phone, via zoom or face-to-face. This support is also available to your partner, to both of you as a couple, and to children at home, aged 16 – 24.
  - **National Helpline**
  - **RCN counselling** for registered nurses
  - **BMA counselling** and peer support for Medical staff and students 24/7
- Health4Work** provides support and guidance for staff affected by work or who require adjustments to stay well at work.



## DOWNLOADABLE GUIDES



## TRAINING TO SUPPORT STAFF

- **REACT training** was developed in response to the potentially traumatic events being faced across the NHS during COVID. It is a tool that can be used by managers and supervisors to have a 'psychologically savvy' conversation with their staff and peers, when they need it most.
- **Mental Health First Aid (MHFA) Training** teaches people how to identify, understand and help someone who may be experiencing a mental health issue. MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.
- **Psychological First Aid** - Psychological First Aid (PFA) is the globally recommended training for supporting people during emergencies and offers guidance on delivering psychosocial care in the immediate aftermath of the emergency event.

**WE HAVE MANY DIFFERENT TRAINING COURSES AND RESOURCES AVAILABLE TO SUPPORT THE MENTAL HEALTH AND WELLBEING OF OUR STAFF.**