



Daily update
(11 June 2026, 9.30am)

Topics in this Core Brief:

- [Staff Support: Mental Health and Financial Wellbeing](#)

Staff Support: Mental Health and Financial Wellbeing

At NHS Greater Glasgow and Clyde, the health and wellbeing of our staff is not just important – it's a core organisational priority.



Every day, our people deliver compassionate, high-quality care to patients and communities, often in demanding and fast-paced environments. We know that staff need to feel supported, valued and able to access help when they need it.

Creating a healthy workforce isn't just about dealing with challenges – it's about building a culture where wellbeing is part of everyday work. This includes creating spaces where people feel comfortable talking about mental health, and ensuring that everyone knows how and where to access support when they need it. We want it to feel easier for staff to ask for support earlier, without fear of judgement whether they are experiencing stress, financial pressures, or balancing caring responsibilities alongside work.

We know that pressures inside and outside work can affect how people feel day to day. That's why we aim to provide a range of practical and emotional support across NHS GGC, so staff can access help in ways that work for them.

Across NHS GGC, there are a variety of services, tools, and resources designed to support you – whether you're looking for immediate help, ongoing guidance, or proactive ways to maintain your wellbeing.

Looking after your mental health

Whether you're struggling, need someone to talk to, or are looking for support there are services designed to support you:

- Staff Mental Health & Wellbeing Support Card [Staff Mental Health & Wellbeing Support Z Card](#)
- Spiritual Care [Spiritual Care Service - NHS GGC](#)
- [Confidential Contacts - NHS GGC](#)
- [HR Support & Advice Unit](#) – contact them via the [HR Self Service Portal](#) or calling 0141 278 2700 (Option 2)
- [Speak Up! - NHS GGC](#)
- [Home | Civility Saves Lives](#)

- Support and information for all staff contact [Support and Information Service](#)
- Active Staff Programme [Active Staff - NHSGGC](#)
- Support for staff who are carers – [Carers in the Workforce - NHSGGC](#)
- Self-care for mental wellbeing [Mental Health and Stress Awareness \(People Management Module\) - NHSGGC](#)
- Looking after yourself and others elearning module ([NHSGGC LearnPro](#) and search GGC 277)
- [Occupational Health Psychology and Wellbeing Service](#)
- The [National Wellbeing Hub](#)
- [Employee Director's Office](#)

Let's talk about - staff wellbeing webinars

The 'Let's talk about... Staff Wellbeing' webinar series focus on various topics which we know are important to personal health and wellbeing. These bite-sized 20-minute sessions run on Microsoft Teams at the end of each month and offer practical tips, advice and support.

Upcoming webinar dates, recorded sessions and shared resources can all be found on the [SharePoint](#) page.

Peer Support

Sometimes the most meaningful support comes from colleagues who understand the realities of your role. The Peer Support network provides an opportunity to connect, share experiences, and offer a listening ear in a safe and informal way. Whether through structured networks or everyday conversations, supporting one another helps build a sense of community, reduces isolation, and reinforces a culture where it's okay to ask for help and look out for each other.

For more information on Peer Support, visit the [Peer Support Network](#) on the website, or if you would like to speak with a Peer Supporter you can contact ggc.peer.support@nhs.scot.

Support with financial wellbeing

Worries about money and financial pressures can have a real impact on mental health. If you're worried about money, you're not alone and support is available:

- [All About Money](#) – practical advice, tools, and guidance to help you manage finances and access support.
- [HR Support & Advice Unit](#) – confidential advice on employment matters, accessible via the HR Self Service Portal or by calling 0141 278 2700 (Option 2).

Healthy lifestyle support

Looking after your physical health can also have a positive impact on your overall wellbeing. Support is available if you're thinking about making lifestyle changes:

- [Quit your way](#) – access advice, resources, and local services to help you stop smoking, with practical support tailored to your needs.
- [Weight management service](#) – guidance and programmes are available to help you achieve and maintain a healthy weight in a realistic and sustainable way.
- [Active Staff](#) - a mixture of early morning and evening classes, outdoor or streamed by instructors over Microsoft Teams, there is something on offer for all levels, for you to enjoy.

Occupational Health Services

Practical support and guidance available to staff. Find out more information and resources at: [Occupational Health - NHSGGC](#)

You don't have to manage alone

Everyone needs support at times, and help is available. . Whether you need practical advice, emotional support, or simply a listening ear, these services are here for you.

Looking after staff wellbeing matters, and support is available.

Remember, for all your latest news stories, visit the Staffnet Hub:

[GGC-Staffnet Hub - Home \(sharepoint.com\)](#)



Staff are reminded to make sure their [personal contact details](#) are up to date on eESS.

It is important to share Core Brief with colleagues who do not have access to a computer.

A full archive of printable PDFs are available on [website](#)