

# Core brief

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**It's OK**

**not to feel OK**

Mental Health  
Check In



Take care of yourself by taking the time to complete the confidential **Mental Health Check In** questionnaire.

The survey will be open from **Saturday 31st July** until **Friday 27th August**.

To complete the survey, visit: [www.nhsggc.org.uk/mhcsurvey](http://www.nhsggc.org.uk/mhcsurvey)

## **Mental Health Check In - Summer 2021**

The third NHSGGC staff Mental Health Check In will launch on Saturday 31 July and run for a four week period, until Friday 27 August inclusive.

The Check In is designed to identify any wellbeing issues and enable staff to receive the support from our Occupational Health Psychological Therapies team.

All staff are being asked to complete the online questionnaire, even if you filled it in previously and even if you currently feel well. Sometimes people may be experiencing or about to experience mental well-being issues unexpectedly and early intervention may help to resolve any potential or emerging worries or anxieties before they become more difficult to work through.

Every questionnaire will be reviewed by our team of Clinical Psychologists and if needed, one of them will contact you to offer appropriate advice and/or refer you for treatment.

Of the staff who participated in the previous Mental Health Check In earlier this year, 42% were identified as needing some support resulting in 710 staff receiving a call from a Clinical Psychologist.

Taking part is voluntary and the service is totally confidential. No information will be given to your manager.

More information is available on the [Mental Health Check In website](#) where you will also find a FAQ page.

### **Message from Health and Safety- Social Distancing reminder**

Our facilities colleagues would like to remind staff that:

- The external security arrangements at entrances remain in place and staff can assist by ensuring ID badges are on display as they approach entrances.
- Please comply with one way systems for access/egress and social distancing signage that is on display around buildings.

Please keep up-to-date with the latest guidance on our dedicated web pages at: [www.nhsggc.org.uk/covid19](http://www.nhsggc.org.uk/covid19). If you have any questions about the current situation please check the [FAQs](#) first. If you have any further questions, please email: [staff.covid19@ggc.scot.nhs.uk](mailto:staff.covid19@ggc.scot.nhs.uk)

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

**Are your contact details up-to-date? [Click here](#) to check**