NHSGGC Peer Support - Looking after Yourself and Others

Our Peer Support Framework provides an online module, Looking after Yourself and Others, designed for all staff and structured on the following themes:

1. Understand what a normal response to stress is
2. Understand the basic elements of Psychological First Aid
3. Wellbeing - Learn how to care for ourselves
4. Peer Support - How to support our colleagues

The module is available on: Learnpro - GGC 277: Looking after Yourself and Others learnPro NHS - Login (learnprouk.com) and for NHSGGC/HSCP staff and social care staff on their Local Authority learning platforms.

Further resources for staff mental health and wellbeing can be found on HR Connect Mental Health and Wellbeing - NHSGGC. To find out more about Peer Support in NHSGGC please email: peer.support@ggc.scot.nhs.uk

Module outline - Section 4 Peer Support - How to support our colleagues

· Being aware of how your colleagues are doing
· Provide a friendly ear to listen to them
· Give reassurance that feeling stressed is normal in abnormal circumstances
· Suggest some of the strategies mentioned previously, or to have a recap of this module
· If you are worried about how they are coping, suggest they talk to the line manager, a Peer Supporter or Occupational Health for extra support.

If something isn't right, **talk to...**
Management and Peer Support

Speak Up! We're listening

Managers and Leaders

If you have an issue, your line manager is there to support you. Please speak to your immediate line manager or another member of the management team, who will be able to support you.

Confidential Contacts

Our team of confidential contacts will listen to your concerns and help you to determine the best course of action to resolve the issue and escalate your concerns.

HR Support and Advice Unit

The unit is there to support all staff. Call **0141 278 2700** Monday to Friday from 9am - 5pm.

You can also raise a query through the self-service portal at **https://nhsnss.service-now.com/ggc_hr**

Report via Datix

It is vital that we all play a role to report all incidents and near misses no matter how small we think they might be.

Visit: **http://datix.xggc.scot.nhs.uk/datix/live/index.php**