

Staff Mental Health & Wellbeing Support



A Healthier Place to Work

As we remobilise from the pandemic and deal with cost of living pressures, it's important that each of us take care of our own mental health and support our colleagues.

This booklet lists sources of support - visit our web pages for more information:

<https://www.nhsggc.scot/staff-recruitment/staff-support-and-wellbeing/>



Occupational Health and Counselling Service

Open Monday to Friday – 8am-6pm

Service for staff who have any queries about their physical and mental health in relation to their fitness to work.

Occupational Health Counsellors can support staff that would benefit from a 'listening ear' call:

 **0141 201 0600**



Occupational Health Psychological Therapies Service

Service for staff to access psychological support or treatment:

- A confidential staff support line
- Psychological first aid
- telephone or 'Attend Anywhere' video sessions
- Evidence based Psychological treatment

Sessions are delivered by a member of the Occupational Health Psychological Therapies Service

To book call:  **0141 277 7623** **Open 9am–5pm – Mon–Fri**



Bereavement Services

A wide range of services are available to support you to cope with bereavement whether personal or professional

 www.nhsggc.scot/your-health/bereavement-information-and-support/



Mental Wellbeing Self Help for Staff

Our online support includes a number of self-directed emotional wellbeing resources:

 www.nhsggc.scot./staff-recruitment/hrconnect/self-help-for-staff/

Mindfulness:

 www.nhsggc.scot/staff-recruitment/staff-support-and-wellbeing/mindfulness/

NHSGGC Mindfulness app

with audio recordings of guided practices and links to online resources.

Download the free app free on Google play store for Android and the App store for iOS.

Other resources available include:

Breathing Space free confidential phone line for those feeling down or anxious about anything

 **0800 83 85 87**

6pm – 2am Mon – Thu

6pm Fri – 6am Mon (24 hrs)

 www.breathingspace.scot

HeadsUp is an on-line resource providing information on mental health problems and local services:

 <https://www.nhsggc.scot/your-health/heads-up-mental-health-support/>

I'M IN CRISIS NOW – if you are in distress please contact your GP, or if in immediate danger call  **999**



NHSGGC Peer Support Network

Peer Support is a way for us to support our colleagues by simply having the time and safe space to talk and be provided with a friendly ear to listen. It can help us make sense of recent experiences, give us a sense of control and help us manage difficult situations. It is a supportive and flexible response that understands how stress is a normal part of life. Peer Support comes in many forms: It helps us to understand what a normal response to stress is, the basic elements of Psychological First Aid (PFA), how to care for ourselves and how to support our colleagues.

You can explore these areas in more depth through the Learnpro module: **GGC: 277 Introduction to Psychological Wellbeing and Peer Support.**

 <https://nhs.learnprouk.com/lms/login.aspx>

If you would like further information about what peer support is, how to access peer support and how to become a peer supporter in NHSGGC, please visit the webpage:

 www.nhsggc.scot/staff-recruitment/hrconnect/occupational-health/peer-support-network/



Coaching for Wellbeing

Digital coaching service for everyone working in health, social care and social work and offers a safe, confidential, enabling and developmental relationship with a coach which is tailored to your specific needs, style and context.

 www.wellbeinghub.scot/resource/coaching-for-wellbeing-a-digital-coaching-service-for-all-health-and-social-care-staff/



NHS GGC Staff Listening Service

The spiritual care team are person centred, confidential, non-discriminatory team, who are respectful of everyone and offer an impartial Listening Service.

Speak to a trained listener who will either listen to you immediately and/or arrange a confidential appointment.

 **0141 201 1100** and ask for the chaplain on call.

Open 7 days 9am-10pm



Food Banks

The Trussell Trust

The main priority of the Trust is ensuring the safety of everyone who comes to a food bank – whether it's someone needing help, someone volunteering their time, or someone making a donation.

For information on what to do if support is needed from a food bank visit the Trust website.

 www.trusselltrust.org



National Wellbeing Hub and Helpline

The **Hub** provides **self-care and wellbeing support** for everyone working in health, social care and social work. It enhances personal resilience and signposts to relevant mental health and support services.

 www.wellbeinghub.scot

The Helpline provides a 24/7 service to those who need further psychological support. Trained practitioners at NHS 24 offer a **compassionate and empathic listening service**, advice, signposting and onward referral to local services

 **0800 111 4191**

Workforce Specialist Service

Confidential mental health assessment and treatment for regulated health and social care professionals.

Delivered by experts with experience in treating a range of psychological and psychiatric conditions, with a focus on the impact this may have on a person's work.

 wellbeinghub.scot/the-workforce-specialist-service-wss/



Leadership, Coaching & Peer Support

Leadership support

Coaching, peer support and cross-sector learning sets delivered through the **National Leadership Development Programme**

 www.projectlift.scot

NHS 24 Staff Wellbeing

In normal times, most of us usually cope well with the demands of our working lives. Since these are not normal times, we are increasing the support that is available to staff.

 www.nhs24.scot/staff-information/staff-wellbeing/#emotional

 **0141 303 8968**

Opening hours:

Mon–Fri 9am–5pm (not open on public holidays)

NHS Inform provides accurate information on a wide range of health topics

 www.nhsinform.scot

Or call:  **0800 22 44 88**

The helpline is available from **8am–6pm Monday–Friday**



Home Energy Scotland

Worried about your energy bills or would simply like some advice about saving energy? Home Energy Scotland can help

Call us free on  **0808 808 2282**

Monday to Friday, 8am–8pm (times will vary over holidays)

Or email the Advice Team quoting ‘**NHS Z Card**’:

 adviceteam@sc.homeenergyscotland.org

 www.homeenergyscotland.org/



Support and Information Services

Drop-in facilities are available at: Queen Elizabeth University Hospital, Royal Hospital for Children, Glasgow Royal Infirmary, Victoria Hospital, Stobhill Hospital and Royal Alexandra Hospital.

 **0141 452 2387**

 **sis@ggc.scot.nhs.uk**

 **www.nhsggc.scot/hospitals-services/services-a-to-z/support-and-information-services/**

NHSGGC staff support web pages

 **www.nhsggc.scot/staff-recruitment/staff-resources/all-about-money/**

NHSGC Credit Union

 **www.nhscreditunion.com**

Money advice services listed on the
NHSGGC Health and Wellbeing Directory

 **infodir.nhsggc.org.uk/Home/Directory**

Money Helper

 **www.moneyhelper.org.uk/**

Unison support

 **<https://www.unison.org.uk/get-help/services-support/there-for-you/>**



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