

STAFF HEALTH & WELLBEING SUPPORT - COVID-19 HERE FOR YOU



Employee Assistance Provision

All staff can access a free, confidential 24/7 helpline 365 days a year to seek advice or support on any of the issues below via our Employee Assistance Provision (EAP).

Call 03303 800658
vivup.co.uk

Stress | Family Difficulties | Relationships | Health |
Finances | Bereavement | Anxiety | Depression
| Workplace Issues | Trauma

*Calls charged at local rates



Chaplaincy Support

A listening ear if needed - you don't have to be religious to make use of this service.

A daily Drop in for staff is available in the Chapel and Chapel Garden at NDDH, Monday to Friday 12pm - 2pm

Confidential support is also available by phone through a network of local clergy and Ministers. Contact the chaplaincy on:

01271 322362 (Ext. 2362)
juliecartwright1@nhs.net



Counselling via Occupational Health

To book a confidential telephone appointment, email the Occupational Health team on:

ndht.occupationalhealth@nhs.net

ITS OK NOT TO BE OK



Mental Health First Aiders

A network of trained NDHT staff, offering reassurance for anyone who may be experiencing a mental health issue or emotional distress. A list of MHFA's and their contact details can be found on BOB.

TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

Talkworks

All NHS staff can access priority wellbeing support to talk about thoughts and feelings as a result of COVID-19.

Visit: **www.talkworks.dpt.nhs.uk**
Or call **0300 555 3344**

Team & Manager Support – Email: **dpt.od@nhs.net**
Available 8am-8pm, 7 days a week.

Contact the DPT Workforce Support Service who can offer group support to teams directly affected by COVID-19 (preparation, during and recovery).



National NHS Helpline

A mental health hotline has been launched to support NHS Staff as they help people deal with COVID-19. The phone line is open between 7am and 11pm every day, while the text service is available 24/7. Call **0300 131 7000** or Text **FRONTLINE to 85258**