

# Staff Health & Wellbeing

## Support for you...

### In the moment support...



Having issues in your personal life or within the workplace? Worried about debt, finances, legal or family problems? CiC employee assistance programme (EAP) is an independent, free and confidential advice and counselling service available to all staff.  
Call: **0800 085 1376** (24/7) | Email: [assist@cic-eap.co.uk](mailto:assist@cic-eap.co.uk)

### Support with mental distress...



Essex Partnership and University Trust (EPUT) Here for You psychological support service is complimentary to the EAP. Here for You prioritises staff needs and signposts them to the right help at the right time.

Call: **0344 257 3960** (24/7) | Email: [hereforyou@nhs.net](mailto:hereforyou@nhs.net)



Samaritans UK offer a confidential support line for NHS workers and volunteers, providing support to anyone in distress or experiencing a crisis.

Call: **0300 131 7000** (Mon-Sun, 07:00 - 23:00)

Text: 'FRONTLINE' to **85258** (24/7)

### Workplace Wellbeing Allies...



**Mental Health First Aiders:** a colleague trained in active listening skills with an in-depth knowledge of common mental health issues. Although not therapists, they are able to reassure and respond to anyone experiencing negative mental health, and signpost to relevant support.



**MSE Buddies:** a network of colleagues designed to promote peer support across the Trust. Buddies have core listening and responding skills to help them support staff and signpost to resources.

Find your local Ally on the intranet here:

<https://thehub.btuh.nhs.uk/workspaces/services-and-departments/occupational-health-and-wellbeing/wellbeing-allies>

### Pastoral Care, Bereavement Support...

The site Chaplaincy service is a multi-faith team providing emotional, pastoral, cultural, ethical, spiritual and religious support to all staff, regardless of their faith or beliefs.

Call: **Basildon x3503** | **Broomfield x5244** | **Southend x6453** | Email: [mse.chaplaincy@nhs.net](mailto:mse.chaplaincy@nhs.net)



In need of extra support concerning bereavement or loss? Hospice UK is on hand to help.

Call: **0300 303 4434** (Mon-Sun, 07:00-23:00)



### Get in touch...



[mse.healthymeatmse@nhs.net](mailto:mse.healthymeatmse@nhs.net)



HealthyMeAtMSE



01268 524900 x4466



<https://www.mse.nhs.uk/staff-health-wellbeing>