



Mental Health & Wellbeing Support Services



Employee Assistance Programme (EAP)

Workplace Options EAP is available to every member of staff and their families. The telephone helpline and website offers support on a range of issues including work, finances, parenting, relationships, wellbeing and much more. It also provides you and your family with access to confidential counselling free of charge at a time to suit you. Contact them via 0800 243 458 or email assistance@workplaceoptions.com. You can also download the iConnectYou app to your phone.



Occupational Health and confidential Staff Support Service

Occupational Health can offer help with a range of health and wellbeing issues. Support includes help to return to work, exploring reasonable adjustments and signposting to other relevant support. You can contact the service independently if you prefer or through your manager. Telephone 01423 553400 or email hdft.occupationalhealth@nhs.net

In addition, the Staff Support Service offers confidential access to trained counsellors and a clinical psychologist for any issues around stress, anxiety, low mood, trauma, loss, relationship, workplace and other difficulties. Telephone 01423 555474 or email hdft.wellbeing@nhs.net. You can also discuss team support by contacting hdft.clinicalpsychology@nhs.net.



Staff Mental Health & Wellbeing Hubs

Local staff mental health and wellbeing hubs are there to provide confidential support, information and treatment for all healthcare staff (including students). You can find out more and self-refer at www.hcvresiliencehub.nhs.uk or www.workforce.wyhpартnership.co.uk or Freephone 0808 1963833. There is more information on support and wellbeing at hdft.nhs.uk/livingatourbest



Mental Health at Work

Mental Health at Work offers a range of online resources, advice, tool kits and recommendations to help support individuals to achieve better mental health outcomes at work. Frontline offers round-the-clock one-to-one support, along with a collection of resources, tips and ideas chosen to support your mental health. To talk by text, text FRONTLINE to 85258 any time. To talk by phone, call 0300 131 7000 from 7am to 11pm if you're in England, or call 116 123 any time if you're elsewhere in the UK. Visit: www.mentalhealthatwork.org.uk Tel: 03303 800 658



Mind

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services. Telephone: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463 Email: info@mind.org.uk Website: www.mind.org.uk/information-support/helplines



Samaritans

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

Telephone: 116 123 (24 hours a day, free to call)

Email: jo@samaritans.org

Website: <https://www.samaritans.org>



Free Wellbeing Webinar Programme

A series of free wellbeing webinars are also available to you through Halsa Wellbeing targeting physical wellbeing for desk based work and stress and burnout. You can choose from **Postural Awareness** (July 6th 10-11am), **Beating Burnout** (July 7th 1-2pm), **Stretching Self-Care & Relaxation** (July 8th 1-2pm), **Energy Management** (July 14th 10-11.30am), **Dealing with Fear and Uncertainty** (1-2.30pm), **Back pain** (July 27th 1-2pm), **Movement for Positivity** (August 26th 1-2pm), **Self-Care & Relaxation with Reflexology** (August 19th 1-2pm), **Healthy Habits** (September 14th 10-11am) and **Chair Based Yoga** (28th August 1-2pm). More details on how to attend will be available at hdft.nhs.uk/livingatourbest or email hdft.occupationalhealth.nhs.uk