



# Mental Health & Wellbeing Support Services

## Alcohol

Lots of us enjoy a drink to relax at the end of the day or while socialising with friends – and as long as it is in moderation that's fine.

If your drinking is starting to impact on your quality of life, or the lives of others, it may be time to ask for help. Our Alcohol Service offers free confidential advice and support to all staff.

[sct-ctr.fitzwilliamcentrereferrals@nhs.net](mailto:sct-ctr.fitzwilliamcentrereferrals@nhs.net)

0114 305 0500

### **Operating hours**

We're open 9am to 5pm on Monday, Tuesday, Wednesday and Friday. On Thursdays we're open from 12pm to 8pm

## Chaplains

We are very lucky to have a dedicated multi-faith team of chaplains at the Trust.

They are here to support anyone, whether you have a faith or not.

To find out more about the support our chaplains can offer you can give us a call on 0114 271 8022 or drop an email to [chaplains@shsc.nhs.uk](mailto:chaplains@shsc.nhs.uk)

## Financial wellbeing

All NHS colleagues can access free and independent support with financial wellbeing.

This [financial wellbeing offer](#) is accessible online and is open to all health and social care staff who provide NHS services, including those not directly employed by the NHS.

The offer includes:

1. Free, confidential Money Advice Service [support line](#) (phone, text, web chat)
2. Online [NHS](#) and [Money Advice Service](#) resources
3. [Web event](#) recordings

This support is provided by NHS England and NHS Improvement and the [Money Advice Service](#), an organisation that provides guidance across a wide range of money matters.

NHS telephone support line - 0800 448 0826

NHS people can call this support line, provided by the Money Advice Service, for free and impartial money advice.

Monday to Friday, 8am to 6pm.

WhatsApp

Add +44 7701 342 744 to your WhatsApp and send the Money Advice Service's national support team a message for help with sorting out your debts, credit questions and pensions guidance.

## IAPT

Our Improving Access to Psychological Therapies (IAPT) service offers free support to all staff.

If you're feeling worried, stress, anxious or you are struggling with managing a long-term health condition they are here to help. All of the support they offer is completely confidential.

To find out more about the support on offer you can

Complete our online referral form to either book onto one of our courses or arrange a telephone appointment with a wellbeing practitioner - <https://iaptsheffield.shsc.nhs.uk/contact-us/>

Write to us Sheffield IAPT – Argyll House, 9 Williamson Road, Sheffield, S11 9AR

Telephone 0114 2264380

## Physiotherapy

Struggling with an injury, muscle or joint pain can make it really difficult to do the things you normally do – and it can be a long wait for a physiotherapy appointment.

To help speed up the process of getting you back to your best we provide a free fast-track physiotherapy service to all staff.

Referring yourself for physiotherapy is really easy. All you need to do is speak to your line manager and complete [a referral form](#).

## Schwartz Rounds

Schwartz Rounds are a monthly forum where we can get together to talk about the emotional impact of our work.

Sharing how you are feeling with others who are in a similar position can be really beneficial and help find solutions to start making things better.

To find out more about a Schwartz Round email [SchwartzRoundAdmin@shsc.nhs.uk](mailto:SchwartzRoundAdmin@shsc.nhs.uk)

## Sleep

Getting a good night's sleep is so important. It helps you to recharge the batteries both physically and mentally.

If you're struggling with your sleep our Short-Term Educational Programme offer a free 'Understanding Insomnia and Improving Sleep' course that you can be referred to by your GP.

## Smoking

There's never been a better time to quit smoking. We offer a range of support to help you quit, including free Nicotine Replacement Therapy for up to 12 weeks.

Yorkshire Smokefree also offer free support and if your line manager agrees you can have reasonable time off to attend stop smoking appointments.

To find out more email [pete.stewart@shsc.nhs.uk](mailto:pete.stewart@shsc.nhs.uk) or visit [yorkshiresmokefree.nhs.uk](http://yorkshiresmokefree.nhs.uk)

## Workplace Wellbeing

Our Workplace Wellbeing service offers free confidential counselling to anyone who is struggling with work related or personal issues. The team of qualified psychological therapists can help you with a range of issues, including:

- Work related stress
- Relationship difficulties (personal or at work)
- Experience of traumatic or critical incidents
- Returning to work after a period of absence
- Informal or formal proceedings at work
- Anxiety and worry
- Depression
- Loss of confidence
- Bereavement or loss
- Bullying and harassment.

All of the support we offer is confidential and we do not provide any information that identifies the people who use our service. To find out more about the support we offer and how we can best help you give us a call on 0114 226 1810 or email [workplace.wellbeing@shsc.nhs.uk](mailto:workplace.wellbeing@shsc.nhs.uk)

## Staff Network Groups

We have an active community of staff networks who meet regularly to talk about issues that are important to them.

The groups are a really positive way to meet people who have similar experiences to you and offer a peer support network.

To find out more about our staff network groups click [here](#).

### **BAME staff network group**

- Founded in 2015 our BAME staff network has grown from eight initial members, to more than 106 people in 2021 with representatives from all levels of the organisation.
- The network gives staff the opportunity to influence decisions, develop in their roles and champion equality across our Trust.
- Any member of staff who does not identify themselves as white British can join the group.

If you would like to find out more or get involved all you need to do is email [working.together@shsc.nhs.uk](mailto:working.together@shsc.nhs.uk)

### **COVID-19 staff support forum**

- This is a peer support forum for all staff who want space to meet up and talk about the effects of COVID-19 on their life.
- -This may be because they or a loved one are shielding or at higher risk due to COVID-19 or because the effects on day to day life and freedom sometimes take their toll and talking to others in a safe a supportive environment may help.
- Staff from the [People team](#) will be attending but the group is an open forum with no agenda.

If you would like to find out more or join the COVID-19 Staff Support Forum please email [Sarah.Bawden@shsc.nhs.uk](mailto:Sarah.Bawden@shsc.nhs.uk) or [Jana.Sandford@shsc.nhs.uk](mailto:Jana.Sandford@shsc.nhs.uk)

### **Lived Experience staff network group**

- The Lived Experience staff network group is open to anyone who identifies as having lived experience, which can including anything from poor mental health, discrimination and work related stress to general worries or anxieties.
- We all have mental health.
- We don't run this as a formal support group, but this does provide a safe and open space for peer-to-peer conversations, support and amusement.
- Along with all our staff network groups, the group wants to influence and instigate change that will improve the experience of everybody at Team SHSC - and therefore the experience of the people we support and their families. The group usually meet bimonthly for official meetings, however, during the lockdown they have kept in contact via video chat every couple of weeks, and regularly share ideas for self-care via email.

If you would like to find out more or join the Lived Experience Staff Network Group please email [agnieszka.wozna@shsc.nhs.uk](mailto:agnieszka.wozna@shsc.nhs.uk)

### **Disability staff network group**

- Our disability staff network group gives staff the opportunity to come together, discuss issues and share experiences.
- They use their experience to influence decision making across the organisation.
- All disabled staff are welcome, whether you have a seen or unseen disability.

If you would like to find out more or get involved email [Disability.Staff.Net@shsc.local.nhs.uk](mailto:Disability.Staff.Net@shsc.local.nhs.uk)

## Staff Network Groups (continued)

### Rainbow staff network group

- The Rainbow staff network group is a safe and inclusive place for LGBT+ staff and allies to discuss inclusivity and equality LGBT+ issues at work.
- We are inclusive of all orientations, not only LGBT+.
- The group provides an opportunity for everyone to come together once a month, to have their voices heard by our Trust and look at ways to ensure LGBT+ issues remain on the agenda of every level of decision making across the organisation.

If you would like to find out more about the group or join us please email

[LGBT.staffnetworkgroup@shsc.nhs.uk](mailto:LGBT.staffnetworkgroup@shsc.nhs.uk)

### Staff carers network group

- If you identify as a carer - whether of parents, adults, children, family or otherwise, whether of mental, physical, social, learning, or other need, we would like to invite you to join a group which can provide a safe space for you to identify your needs and wishes for how we can best support you in these challenging times.
- As experienced by members of SHSC staff networks, coming together as people in a similar situation, sharing our stories, and finding our voice within our organisation can be very empowering.
- Being a carer can sometimes feel as if we cross over a number of identities or fall between the gaps.
- We want to create a safe place for the voice of carers to be heard and valued. If you would like to be part of a network group for colleagues who are also carers or if you would like to ask any questions, please email [staffcarersnetwork@shsc.nhs.uk](mailto:staffcarersnetwork@shsc.nhs.uk)

## MENTAL HEALTH AT WORK

### 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](http://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](mailto:info@mind.org.uk) Website: [www.mind.org.uk/information-support/helplines](http://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](mailto:jo@samaritans.org) Website: <https://www.samaritans.org>



### **Free Mental Health and Wellbeing Apps**

There are lots of apps that can help you with your mental and physical health. Some of these apps have been made available for free to NHS staff, including [Unmind](#), [Headspace](#) and [Sleepio](#).

You can take a look at the range of free apps available on the NHS website: <https://www.nhs.uk/apps-library/>