

This leaflet provides detailed resources to enable our colleagues to reach the best support needed for their wellbeing.



Call Health, Work & Wellbeing

0151 430 1985

Available Mon-Fri 8.45am - 4.15pm



Email Health, Work & Wellbeing

hwwb.admin@sthk.nhs.uk

Anytime referrals, responses within 72 hours



Call Employee Assistance Programme Vita Health Group

0300 131 2067

Available 24 hours a day, 7 days a week,
365 days a year - alternatively visit
www.my-eap.com and use access code
STHKWELL



Wellbeing Resources

Lead Employer



Launch of National Self-Check Tool

It's important to ensure our health and social care colleagues are looking after themselves and get timely support should they need it, this in turn can help to support better patient care and help prevent staff sickness. The free and confidential self-check tool can provide you with further information on the range of support offers that are available and help you to identify which option is the right one for you to access. check tool is now available at the following link.

VISIT: [Check my emotional and mental wellbeing](#)

Alcohol and Substance Misuse

For medical professionals seeking advice on issues related to alcohol or substance misuse, please find support from the below organisations.

[British Dr's and Dentists' Group](#)

[Sick Doctor's Trust](#)

Wellbeing Apps

There are a number of free wellbeing apps available for all NHS staff to access. For the most up to date list of apps, please visit NHS Practitioner Health:

VISIT: [NHS Practitioner Health Apps](#)

Doc Health

A confidential, non-profit, psychotherapeutic consultation service for all doctors.

VISIT: [Doc Health](#)

COVID-19

Working throughout a pandemic can have a big impact on our wellbeing, both mentally and physically. If you feel you need support then please visit the below websites:

[COVID-19 Resilience Hub](#)
[COVID-19 Anxiety Support](#)

Bereavement

For those who have been affected by a sudden bereavement who need support, advice and guidance call The Good Grief Trust on: 0800 2600 400 or

VISIT: [Good Grief Trust](#)

You can also find bereavement support, advice and guidance from Cruse.

VISIT: [Cruse Bereavement Support](#)

MIND - Caring Support

If you care for another person, it can feel difficult to take time to look after yourself. Access stories of peoples experiences of caring, tips for your own mental health and where to find support.

VISIT: [MIND](#)

Contact the Mind help line on: 0300 123 3393

BMA Resources

The BMA provides wellbeing support services for doctors and medical students. Visit their website for more information.

VISIT: [BMA](#)

Practitioner Health Programme

A free, confidential NHS service for doctors and dentists across England who are experiencing mental illness and addiction problems and looking to return to clinical practice.

VISIT: [NHS Practitioner Health](#)

Samaritans

The Samaritans service supports anyone who needs to talk, including those who are at risk of suicide.

[Contact the helpline on: 116 123](#)

Doctors Support Group

The DSG aims to assist doctors and dentists who need help when coping with enormous stresses and difficulties.

VISIT: [Doctors Support Group](#)

Domestic Abuse

Call Refuge's **National Domestic Helpline** for free confidential advice, 24 hours a day: **0800 20000 247**

You can also find further support:

VISIT: [Domestic abuse: how to get help guidance](#)

Frontline 19

A vast network of qualified psychological practitioners offering free & confidential Psychological Support Service for people working in the NHS & frontline services in the UK.

VISIT: [Frontline 19](#)

