

WHERE CAN I GET HELP?



scan or click the link

OCCUPATIONAL HEALTH

Go Health Services Wellbeing Hub:
Time-limited counselling, CBT, and
Psychology sessions for staff experiencing
personal or professional difficulties which
may impact their workplace functioning

PHONE: 01224 (5)55749



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ONLINE REFERRAL

This page provides a small selection of where you can contact if you are looking for support. For more options, or further information on support available to you, have a look at our 'staff in distress' sheet

INDIVIDUAL SUPPORT



PRACTITIONER SUPPORT SESSIONS

NHS Practitioner Health and the Workforce Specialist Service (WSS)
Offering telephone/video consultations for health and social care staff with professional registration. A confidential and multidisciplinary mental health treatment service



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WSS WEBPAGE

CHAPLAINCY SERVICE

Confidential and independent support from skilled listener Chaplains who can assist in reflection and coping strategies

PHONE: 01224 553316

FOR OUT OF HOURS, CALL THE SWITCHBOARD AND PAGE
880349

NHS 24 MENTAL HEALTH HUB

for urgent mental health assessment and support 24/7

PHONE:
111

TEAM-BASED PSYCHOLOGICAL SUPPORT

support for teams in Acute, available through part-time psychologists

RACH / W&C
gram.paediatric-psychology@nhs.scot
ARI
gram.support.acute@nhs.scot

NATIONAL WELLBEING HELPLINE

for everyone working in health and social care services, 24/7

PHONE: 0800 111 4191

TEAM SUPPORT



VALUES-BASED REFLECTIVE PRACTICE

A regular form of support either in-person or via teams. Offering practical tools to support staff to be able to deliver the care they came into the service to provide. Small group sessions, guided by a trained facilitator.

CONTACT SUE RAYNER
susan.rayner1@nhs.scot
01224 (5)52219
07584217188

