



## Mental Health & Wellbeing Support Services



### Counselling Support

RDaSH offers a counselling service to staff via the Occupational Health provider PAM Group. To access the service, you need to be referred by your manager where you will be triaged by an Occupational Health Practitioner. Telephone counselling services are also offered via our Employee Assistance Programme, if you do not wish to access support through your manager.



### Silvercloud

Silvercloud is an online platform that offers Cognitive Behavioural Therapy for staff. There are three programmes to choose from; Depression, Anxiety and Stress. Silvercloud is delivered via our Doncaster Improving Access to Psychological Therapies (IAPT) team. You work through the programmes at your own pace and you are assigned an IAPT worker who supports you through the modules. Should you need a different kind of support following the service, your IAPT worker can support you with that. Access to the platform is completely confidential. To get access, contact Tim Godley: [Timothy.Godley@nhs.net](mailto:Timothy.Godley@nhs.net)



### Employee Assistance Programme (EAP)

Vivup EAP is a 24/7 support service available for RDaSH staff. The telephone helpline offers support on a range of issues, including: Telephone/Online counselling, Relationship support, Family breakdown, Debt, Drugs and Alcohol, Stress/ Mental Health, & much more.... Contact the EAP via the details below, 24/7, 365 days a year. (Calls charged at local rates)



### 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>