



# Mental Health & Wellbeing Support Services



## PAM Assist – Counselling Support

Offers independent, free and confidential support 24/7 365 days a year. They can offer you information, guidance and counselling on self-referral basis. You don't need to register or sign up to use the service, just call the number below. Pam can help with Bereavement, Emotional Issues, General Health, Ill- Health Retirement Support, Relationships, Retirement, Sickness Absence Support, Stress/Anxiety and Trauma Care. However, this list is not exclusive, and the Helpline staff can deal with other issues as required.

**Telephone: 0800 882 4102**



## Staff Retreats

The retreat aims to help you; to put work and life into a better balance, reduces stress and helps you to make the most of every moment. All retreats start at 11am on the Wednesday and end on the Friday afternoon. The event is free, accommodation is en-suite and all meals are provided. Retreats are open to all staff, regardless of grade, role or beliefs.

**Telephone: 01642 451662**

**Email: dawn.jackson1@nhs.net**



## Chaplaincy Support

Chaplains are employed by the Trust to give spiritual and religious care, which essentially means that they are there to talk with anyone about almost anything. Chaplains are recognised and authorised by their own faith communities to give this kind of care but are available to people of any faith or no particular faith. They will listen without making assumptions or judgments about your own beliefs.

**Contact: 01325 552045 (Darlington) 0191 4415805 (Durham) or 01642 837396 (Middlesbrough)**



## The Employee Support Service

Employee Support Officers offer support to staff with a range of health and wellbeing issues. Support includes help to return to work, providing listening support during difficult times including personal and work related issues, exploring reasonable adjustments, support to look at work life balance, signposting to relevant support within the Trust and from other services and access to self-help tools. You can contact the service independently; this means that you do not need to involve your manager or colleagues. The service will work with you within the boundaries of confidentiality and can be accessed whether you are currently at work or absent from work.

**Mobile: Cheryl: 07795654423 (cheryl.ing@nhs.net) Tracey: 07867917600 (traceymarston@nhs.net)**

**Email: tewv.employeesupportservice@nhs.net**



## Employee Psychology Services

As part of its commitment to supporting the health and well-being of our staff the Trust now facilitates access to a new service for those employees who may be experiencing significant episodes of stress, anxiety and/or depression impacting on their ability to function at work. The EPS is provided by a Consultant Clinical Psychologist and a psychotherapist and offers a range of interventions. Referrals to the service can be facilitated by The Employee Support Service.

**Email: EPSService@nhs.net**

**Telephone: 07747485733**



Mind Full, or Mindful?

### Staff Mindfulness Programme

Provides training in mindfulness to all Trust staff, both clinical and non-clinical. There is now considerable evidence that learning mindfulness can lead to a variety of benefits in relation to wellbeing, stress and resilience. Mindfulness-Based Cognitive Therapy (MBCT) has been shown to significantly reduce relapse rates in individuals with recurrent depression and is recommended by NICE for this purpose. Initially you would attend a three-hour introductory workshop and following this have the opportunity to apply to undertake an eight-week programme.

**Telephone: 07900736903**

**Email: [elinor.morgan@nhs.net](mailto:_elinor.morgan@nhs.net)**



### 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>**



### 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

**Telephone: 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)**