



## Mental Health & Wellbeing Support Services



### Staff Wellbeing Service

#### The Staff Wellbeing Service

Provides all LPFT staff with the opportunity to access individual psychological therapy for anxiety, depression, stress-related difficulties and physical health difficulties which are impacting on your day-to-day life. Their dedicated team consists of an Assistant Psychologist, Cognitive Behavioural Therapist, Occupational Therapists, Counsellors and a Team Secretary. They also have a Psychiatrist and Physiotherapist who work on a sessional basis. You can also contact the Staff Wellbeing Service for support if you are experiencing domestic abuse and would like some support. The service also runs regular groups and workshops, which are run virtually. Individuals can also access fast track to physiotherapy, chiropractors and osteopaths.

This service is free and confidential. You can self-refer or be referred by your manager if they are concerned about your health and wellbeing.

Telephone: 01522 511800 (Main Office)

Telephone: 01522 518609 or 01522 569512 (Emotional Wellbeing Helpline)

Email: [lpn-tr.staffwell-being@nhs.net](mailto:lpn-tr.staffwell-being@nhs.net)

Open Monday – Friday (9:00am – 5:00pm)

### 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@mild.org.uk](mailto:info@mild.org.uk)

Website: [www.mild.org.uk/information-support/helplines](http://www.mild.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>