



Mental Health & Wellbeing Support Services



Trust Psychological Support Service

Whilst the UK is beginning to ease out of the National Lockdown measures, we appreciate that we are still operating in a challenging environment and therefore our psychological support service is available in addition to the support available in General Practice of Occupational Health. This service is available from 8am-8pm daily.

Contact the team at:

8am - 5pm - 01482 389333 / 01482 389335

5pm - 8pm - 01482 301700

Or email: hnf-tr.occupationalhealthdepartment@nhs.net

This service will not replace any services you have currently available in General Practice or Occupational Health but will provide additional capacity to help keep you well. See the graphic for this support service [here](#).



MHFA England

Mental Health First Aiders

Did you know that we have over 50 colleagues from across the Trust who are qualified Mental Health First Aiders? These colleagues are trained to signpost you towards support services and can help you in having conversations about mental health.

Your manager/leader can advise you on the Mental Health First Aiders within your team. Please remember, a Mental Health First Aider is trained to give support and advice and held in confidence. Our Occupational Health Team can support with any counselling referrals.

Counselling

Our Occupational Health team offer a confidential wellbeing service which is provided by qualified counsellors and clinical psychological wellbeing practitioners. More information on this service can be found via our Occupational Health page.

Physio Med Self-Help Guidance

The Physio Med Well Being Zone gives practical information, guides and advice to help you to improve your health and fitness, mobility and strength. Access the site [here](#).



ShinyMind

ShinyMind provides a proactive resource with over 100 interactive evidence-based activities, and a community to improve wellbeing and resilience for every member of the team here at NHS Humber Foundation Teaching Trust. It is how we work as a community to improve wellbeing and resilience for every member of the team, proactively supporting them 24/7, 365 days a year.

ShinyMind was co designed with every level of the NHS, so it is tailored to positively support staff in some of the most challenging and stressful jobs. By working with various specific teams, it has enabled the creation of a wellbeing and resilience resource designed for everyone working in our Trust.

For logon details or support using the app, contact us at hnf-tr.proud@nhs.net



Employee Assistance Programme (EAP)

Understanding the pressures of work is the first step to improving the awareness of not only your own mental health, but that of those around you. So, how can an EAP support you with this?

This service is designed to assist colleagues in resolving personal problems that may be affecting your health and wellbeing. Life can throw some challenges at all of us, whether its relationship struggles, financial difficulties, wellness matters etc. Your EAP is serviced by fully trained counsellors and support specialists who will answer your calls and offer advice and support.

The service is provided by Vivup, our employee benefits platform where you can also access our popular Cycle to Work and Home Electronics schemes. However, what we can assure you is that any contact made through the EAP is 100% confidential – you don't even have to log into your Vivup portal to access the service!

The service is accessible 24 hours a day, 7 days a week, 365 days of the year including public holidays and bank holidays. The link to your EAP Portal can be found [here](#), or you can call the number below to speak to one of Vivup's fully trained support specialists.

Help at any time, available
24/7
365 days a year



03303 800658

Recovery College

The Recovery College helps empower both staff and patients by using an educational model to promote hope, control, opportunity and good mental well-being. The Recovery College offers individuals free* support to recognise their own resourcefulness, talents and abilities in order to equip them with knowledge and tools to enable them to become experts in their own self-care.

Examples of the courses on offer at the Recovery College are: Boxing for Health, Coping with Emotions, Living with Anxiety, Living with Depression, Building your Self Esteem, Mental Health Awareness, T'ai Chi, Meditation, Sleep Well, Wellbeing Through Creativity.

If you would like to attend a course at the Recovery College which falls during your working time, please speak to your manager. To understand more about our Recovery College and learn about their latest events, visit humber.nhs.uk/about-our-trust/recovery-college.htm

*Selected courses may ask for a small fee



Humber Recovery
and Wellbeing
College



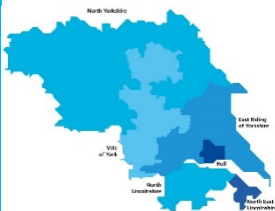
Humber, Coast and Vale Health and Care Partnership Resilience Hub

The Humber, Coast and Vale Health and Care Partnership Resilience Hub that's open to all health, care and emergency services staff across the region.

The Resilience Hub is a confidential service that builds on existing wellbeing support offers that are available and can provide you and your family advice and support that can help with a range of issues from emotional wellbeing to bereavement, burnout and stress, to debt or relationship issues.

The Hub is independent of existing organisational health and wellbeing services and its dedicated team can help you to quickly access the best advice and treatment when you need it.

Visit www.hcvresiliencehub.nhs.uk for more information.



Free Headspace app

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. They are offering free access to all NHS staff with an NHS email address until 31 December, active now.

To read a quick guide to getting started [click here](#).

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 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

Website: 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

Website: <https://www.samaritans.org>