



Mental Health & Wellbeing Support Services



Resilience Hub

The Resilience Hub provides a wellbeing screening and support service for staff who work in NHS front-line clinical services. It is a confidential service that builds on existing wellbeing support; it can provide individual and family support that can help with a range of issues from emotional wellbeing, mental health problems, bereavement, burnout and stress.

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



ShinyMind

Your daily wellbeing and resilience app to help you Shine. As a member of the trust, you have access to this app. The ShinyMind app empowers primary care staff.

Visit [Wellbeing App - ShinyMind](#) for more information.



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>