



A health and wellbeing guide for Whittington Health staff



The five levels of wellbeing

Self-care



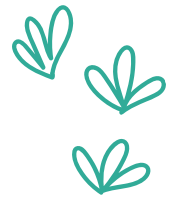
We encourage and guide staff to engage in activities that promote overall health and wellbeing.

Peer support



Peer support can help you build support networks, facilitating connections for mutual support and shared experience.

Development



We provide continuous learning opportunities to enhance staff skills and career growth.

Psychological



We offer easy and quick access to mental health and counselling services.

Crisis Support

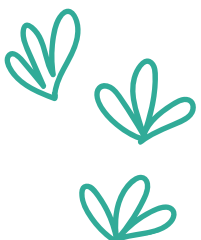


Support during Mental Health emergencies and personal crises.

Self-care



- Free health checks from Occupational Health (rf-tr.nlpss-ohsharedservice@nhs.net)
- Wellbeing apps ([Headspace meditation](#) and [Couch to 5k fitness app](#))
- [Your Mind Plan](#) - formulate a personalised library of actions that can help to maintain and improve your mental health and wellbeing.
- [Financial wellbeing support hub](#) (you will need a Trust device to access this)
- Occupational health team (email: rf-tr.nlpss-ohsharedservice@nhs.net or call: 020 7288 3351)



Peer Support



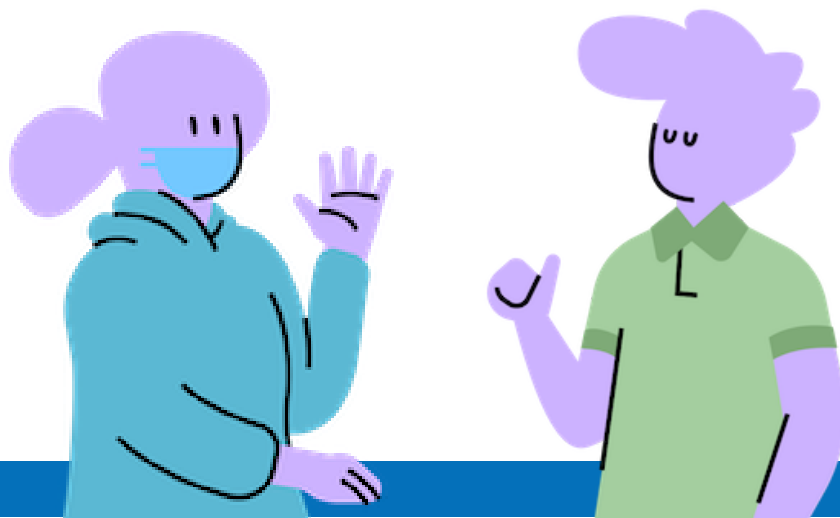
- [Mental Health First Aiders](#): Certified and trained to offer initial wellbeing support and signpost to relevant services.
- [Wellbeing champions](#): Peers that develop and facilitate small but impactful peer wellbeing initiatives ensuring your team/department prioritises staff wellbeing.
- Critical Incident Debrief Practitioners: Trained to support with the welfare needs of individuals who have been exposed to critical and potentially traumatic experiences.
- Wellbeing Conversation: Regular, supportive, coaching-style one to one conversations that focus on the wellbeing of staff, between manager and employee.
- Occupational health: email: rf-tr.nlpss-ohsharedservice@nhs.net, Call: 020 7288 3351, The Old Police House Whittington Hospital



Peer Support



- [Menopause cafe](#) (Access the hyperlink via a trust device)
- Start Well End Well: A session that enhances team collaboration and wellbeing by fostering psychological safety and peer-to-peer support.
- Staff networks for mutual support and sharing (LGBTQ+, SRENN, Women's+, WhitAbility) email whh-tr.edi@nhs.net
- Chaplaincy Services: Available 24/7, call 020 7288 5337.
- Reflective group sessions: Facilitated space for teams to reflect on the challenges they face.
- Freedom to speak up: ruben.ferreira@nhs.net



Development



- Effective induction: Corporate and local, to ensure new staff feel welcomed. Contact whh-tr.LearningandDevelopment@nhs.net for a refresh session.
- Learning and development team: Supported personal and professional development. User-friendly learning platform: whh-tr.learninganddevelopment@nhs.net
- Organisational Development team (team building, coaching, mediation etc) whh-tr.odteam@nhs.net
- Free [NHS Elect courses](#)



Psychological



- Employee Assistance Programme (EAP): Free and confidential counselling service for all Whittington staff. Contact: 020 3286 1545 or support@peopleatwork.co.uk
- BMA: Free 24/7 counselling service to all doctors, their partners and dependents 0330 123 1245.
- [NHS psychological therapies service \(IAPT\) Self-referral](#)
- Bereavement support line: A confidential bereavement support line, free to access from 8:00am – 8:00pm, seven days a week. Call: 0300 303 4434.
- [Frontline19 UK](#): Service offering one off or weekly sessions as needed. Psychological support for frontline workers via phone or remote platform.



Psychological



- [Practitioner Health](#): A free, confidential NHS primary care mental health and addiction service with expertise in treating health & care professionals. Telephone: 0300 0303 300, Email: prac.health@nhs.net
- Switchboard LGBT+ Helpline: A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing. Call: 0800 0119 100 or email: hello@switchboard.lgbt
- Mind: Mental health support service, call 0300 123 3393



Crisis Support



- SHOUT 85258 (Text Service): A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.
- Samaritans: Available 24 hours a day / 365 days a year. Call: 116 123 or email: Jo@samaritans.org
- Call 111 or visit 111.NHS.uk
- Always call 999 in an emergency.
- A&E: Your local A&E has a Mental health clinician available to speak to, 24 hours a day
- You can contact your contact your GP for advice.



Find out more



If you are not sure where to start or need more support email the Wellbeing Team on:

whh-tr.staffwellbeing@nhs.net

In an emergency please call 999.

Scan the QR code to download the complete staff wellbeing offer.

