



## Occupational Health Counselling Service

Counselling services are available to all NHSGGC employees. Face to face and telephone consultations are available and all appointments are free and confidential. Contact **0141 201 0600** to arrange an appointment.

[www.nhsggc.org.uk/hr-connect/oh](http://www.nhsggc.org.uk/hr-connect/oh)

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## Good Mental Health & Wellbeing

NHSGGC support for staff and managers includes free taster sessions and courses in Mindfulness, manager and staff training on mental health and stress, online modules and supportive policies.

[www.nhsggc.org.uk/staff-health/mh](http://www.nhsggc.org.uk/staff-health/mh)

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## Are You Looking After Someone?

If you are responsible for caring for a family member, dependent or close friend there is help and support available for you and the person you look after. Visit the carer's support web pages.

[www.nhsggc.org.uk/hr-connect/carers](http://www.nhsggc.org.uk/hr-connect/carers)

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## Access to Work Mental Health Support Service

A free, confidential service giving practical advice and support to people with mental health conditions who are off sick or struggling in work.

**0300 456 8114**

[www.remploy.co.uk/mentalhealth](http://www.remploy.co.uk/mentalhealth)

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## Bereavement Support

A wide range of resources are available to support you to cope with bereavement, whether personal or professional.

[www.nhsggc.org.uk/staff-health/bereavement](http://www.nhsggc.org.uk/staff-health/bereavement)

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## Breathing Space

Breathing space offers a free confidential phone line you can call if you're feeling down or anxious about anything.

**0800 83 85 87**

6pm – 2am Mon – Thu  
6pm Fri – 6am Mon (24 hrs)

[www.breathingspace.scot](http://www.breathingspace.scot)

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## All About Money

Money worries can affect everyone at some point in their lives when circumstances change; such as ill health, family job loss, disability, caring responsibilities or bereavement. Visit the Healthier Place to Work web pages for information and support.

[www.nhsggc.org.uk/staff-health/money](http://www.nhsggc.org.uk/staff-health/money)

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# Coping with a Health Problem

## Help For Staff



A Healthier Place to Work

Produced as part of NHSGGC Staff Health Strategy. The Strategy has an important role in improving staff health and is based on what staff say they would find helpful in improving their own health.

[www.nhsggc.org.uk/staffhealth](http://www.nhsggc.org.uk/staffhealth)

Introduction	NHS GGC Health & Wellbeing Directory	NHS Credit Union	NHS GGC Staff Disability Forum	Support and Information Service	NHS GGC Physiotherapy Service	Want to Get More Active?	Access to Work	Action Plan
<p>Working for the NHS, the health of our population is our priority, but we recognise that our own staff also have health worries too. Sometimes a health problem can feel too much and may even affect you at work.</p> <p>When you feel like this, talking to someone who can help makes a huge difference. This resource will help you get the support you need.</p>	<p>The Directory is a comprehensive list of information and support services available in the NHS GGC area, for use by staff and members of the public.</p> <p>The website can be searched by health topic or by area e.g. money advice.</p> <p><a href="http://www.nhsggc.org.uk/hwd">www.nhsggc.org.uk/hwd</a></p>	<p>For access to savings products and loans, paid directly from your salary, the NHS Credit Union is easy to join. It can help you to budget your money or to save for holidays, Christmas or even your professional registration fees.</p> <p><a href="http://www.nhscreditunion.com">www.nhscreditunion.com</a></p>	<p>The Forum provides a support network for disabled staff and helps to make positive changes within NHS GGC. You can go along to their meetings or get in touch if you think they can help with any issues.</p> <p><a href="http://nhsggc.org.uk/hr-connect/staffdisabilityforum">nhsggc.org.uk/hr-connect/staffdisabilityforum</a></p>	<p>A drop in service with centres in NHS GGC Acute Hospitals and available to all hospital users including staff. Helpful Advisors can provide a wide range of information including help for carers, money advice, stopping smoking and weight management.</p> <p><a href="mailto:SupportandInformation@ggc.scot.nhs.uk">SupportandInformation@ggc.scot.nhs.uk</a></p> <p><a href="http://www.nhsggc.org.uk/sis">www.nhsggc.org.uk/sis</a></p>	<p>Musculoskeletal pain, most commonly back pain, is a major cause of health problems. Access to the Physiotherapy service is through self referral.</p> <p>The website provides information on self referral, and also advice on self help, such as managing pain.</p> <p><a href="http://www.nhsggc.org.uk/your-health/health-services/msk-physiotherapy/">www.nhsggc.org.uk/your-health/health-services/msk-physiotherapy/</a></p>	<p>If you want to become more physically active, either at work or in your local area, visit the Healthier Place to Work web pages to sign up for activities such as the Daily Mile and free Active Staff classes from yoga to boot camp.</p> <p><a href="http://www.nhsggc.org.uk/staff-health/ph">www.nhsggc.org.uk/staff-health/ph</a></p>	<p>This service gives practical and financial support to help you stay in or return to work, if you have a disability or a long term health condition.</p> <p><a href="http://www.gov.uk/access-to-work">www.gov.uk/access-to-work</a></p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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