

As we respond to the COVID-19 outbreak it's important that each of us take care of our own mental health, and support colleagues to do so. This booklet has a number of resources to help you do this.

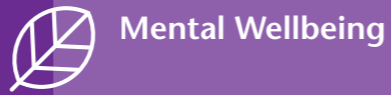
There is also further information available by visiting:
www.nhsggc.org.uk



Confidential phone line that is staffed by clinical psychologists who are available to respond to and support staff during these challenging times.

To access the service call:
0141 303 8968

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Online resources include:
A Healthier Place to Work Mindfulness section:
www.nhsggc.org.uk/staffhealth/mindfulness

Healthy Minds section has lists of self-directed mental wellbeing support:
www.nhsggc.org.uk/mentalhealthandwellbeing

The **NHSGGC Mindfulness app** can be used free of charge to share information

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and practices in a blended approach on an ongoing basis to support staff.

HeadsUp is an on-line resource providing information on mental health problems and local services:
heads.up.scot

I'M IN CRISIS NOW
If you are in distress please contact your GP and if in immediate danger **call 999**



The Support and Information Services

Drop-in facilities are available at: Queen Elizabeth University Hospital & Royal Hospital for Children, Glasgow Royal Infirmary, Victoria Hospital, Stobhill Hospital and Royal Alexandra Hospital.

Call: **0141 452 2387**
Email: sis@ggc.scot.nhs.uk
Visit: www.nhsggc.org.uk/sis

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Money Advice Service

www.moneyadvice.service.org.uk/en/articles/coronavirus-what-it-means-for-you

NHSGGC Health and Wellbeing Directory
<http://infodir.nhsggc.org.uk/Home/Directory>

NHSGGC
www.nhsggc.org.uk/covid19/moneyworries

Useful links

East Dunbartonshire HSCP
www.eastdunbarton.gov.uk/health-and-social-care

East Renfrewshire HSCP
www.eastrenfrewshire.gov.uk/health-and-care

Glasgow City HSCP
<https://glasgowcity.hscp.scot>

Inverclyde HSCP
www.inverclyde.gov.uk/health-and-social-care

Renfrewshire HSCP
www.renfrewshire.hscp.scot

West Dunbartonshire HSCP
www.wdhscp.org.uk



Food Banks

For information on what to do if you need support from a food bank.

www.trusselltrust.org/coronavirus-food-banks

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National Wellbeing Hub (PRoMIS)

For advice and support for practical, everyday needs and relationships, as well as tips on self-care, to help you cope with the challenges you're facing during the pandemic.

www.promis.scot

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NHS 24 & NHS INFORM

NHS 24's health and social care workforce mental wellbeing support line provides compassionate listening and psychological first aid to callers.

Call: **0800 111 4191** Open 24/7

NHS Inform provides accurate information on a wide range of health topics

www.nhsinform.scot

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Chaplaincy Service

Open 7 days, 9am - 10pm

Call **0141 201 1100** and ask for the chaplain on call.

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Acute Psychology Staff Support Service

This service is available to hospital based staff who wish to access psychological support, as a result of the current challenging work circumstances.

The service provides: Psychological first aid 30 minute telephone or 'Attend Anywhere' video sessions.

To book call **0141 277 7623**

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Occupational Health Counselling Service

Open Monday to Friday, 8am - 6pm

The service is available for staff who have any queries about their physical and mental health in relation to their fitness to work. The Occupational Health Counsellors are there to support staff that would benefit from a 'listening ear'.

Call: **0141 201 0600**

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Staff Mental Health & Wellbeing Support



A Healthier Place to Work