

Staff Wellbeing Resource guide

The NHS is our place of work. We are rightly proud of it and the care it delivers for others. The NHS staff are its greatest resource. On occasion we need some care. It happens. We have to look after ourselves – or our colleagues - to get the help they might need. It's hard to perform at your best when you aren't at your best.

This document provides an index of all of resources that are available for staff. Please use them or recommend them to those who might benefit. Most of us service our car but don't pay attention to what is more important – us.

Don't suffer in silence as we all need a hand from time to time. Share the care.

Going Home Checklist

Consider **three** things that went well,
and be **proud** of what you did at
work today...

Now switch your attention to home.



A Healthier Place to Work




- ✓ **Take a moment to think about your day.**
- ✓ **Acknowledge one thing that was difficult during your work day – Let it go!**
- ✓ **Consider three things that went well.**
- ✓ **Check on your colleagues before you leave – are they ok?**
- ✓ **Are you ok? We are here to support you.**
- ✓ **Now switch your attention to home – Rest and recharge.**

NHS Greater Glasgow & Clyde Resources

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| <p>Staff Relaxation & Recuperation (R&R) Hubs</p> | <p>Space for staff to relax and recuperate away from their clinical work environments.</p> <p>The hubs are designed to offer Café space for eating & drinking and quiet space for reflection/ relaxation. They open to all members of staff and can be found in:</p> <p>GGH: Ophthalmology corridor (currently a quiet room and kitchen at the end of the corridor, but an additional option is now being developed on the fifth floor with a staff changing room, lounge and kitchen being planned). In addition the Beatson has a staff lounge.</p> <p>GRI: Partitioned area of Campsie Restaurant in the QE Building and Boardroom in Centre Block</p> <p>IRH: Partitioned area next to restaurant.</p> <p>RAH: Panda Centre</p> <p>QEUH: Ground floor, Labs Building</p> <p>Staff rest facilities are also available at Victoria ACH, Stobhill ACH, Vale of Leven, Lightburn as well as in the Mental Health inpatient units at Gartnavel Royal, Leverndale and Stobhill. While these are not formally identified as R&R Hubs they provide similar facilities for staff on these generally smaller sites.</p> |
| <p>Acute Psychology Staff Support Service (APSSS)</p> | <p>Designed for hospital based staff wishing to access psychological first aid as a result of their challenging work circumstances</p> <p>Offer 30 minutes individual sessions that can be arranged using ‘Attend Anywhere’ technology via the COVID-19 Acute Care Line</p> <p>The service also offers group/ team wellbeing & resilience sessions that can be booked via application form with General Manager support</p> <p>0141-277-7623 Weekdays: <i>Monday – Friday, 9am – 5pm</i></p> |
| <p>COVID-19 Staff Support Line</p> | <p>Confidential Support line staffed by clinical psychologists and psychological therapists available for all staff</p> <p>The service offers emotional and psychological support developed to respond to the emotional needs that staff may have at this time.</p> <p>0141-303-8968 Weekdays: <i>Monday – Friday, 8am – 6pm</i></p> <p>www.nhsggc.org.uk/covid19/staffsupport</p> |
| <p>Occupational Health Counselling Services</p> | <p>Listening ear service - Providing support for staff that have queries about their physical and mental health in relation to their fitness to work</p> <p>0141-201-0600 Weekdays: <i>Monday – Friday, 8am – 6pm</i></p> |
| <p>Spiritual Care Service</p> | <p>Chaplaincy service now offer a 7 day telephone service for patients, relatives and staff</p> <p>0141-887-9111 Weekdays: <i>Monday – Friday, 9am – 10pm</i></p> <p>Most Chapels and Sanctuaries will remain open as normal and these spaces are available for everyone to use.</p> <p>Staff Listening Service is open to all staff and offer person centred, confidential, non-discriminatory sessions with a trained listener</p> <p>0141-201-1100 Weekdays & Weekends <i>9am – 10pm</i></p> |

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| HR Connect | Staff Self Help: https://www.nhsggc.org.uk/working-with-us/hr-connect/self-help-for-staff/ Useful Guides: https://www.nhsggc.org.uk/working-with-us/hr-connect/staff-self-help-mh-quick-guides/ HR Support & Advice Unit: 0141-278-2700 ; hr.support@ggc.scot.nhs.uk |
| Mindfulness Based Stress Reduction | Existing MBSR services are now available online, drop-in sessions are delivered by experienced mindfulness tutors using the Mindfulness Scotland Zoom account |

NHS Scotland & Scottish Government Resources

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| <p>National Wellbeing Hub</p>  | <p>National digital wellbeing hub specifically tailored to support the challenges being faced by everyone in health and social care. The site provides advice on self-care and personal resilience.</p> <p>https://www.nationalwellbeinghub.scot</p> |
| <p>NHS Mental Health Apps</p> | <p>There are a range of apps to help reduce anxiety, stress, manage emotions and improve sleep.</p> <p>https://www.nhs.uk/appslibrary/category/mental-health/</p> |
| <p>NHS Inform</p> | <p>Staff can access the latest COVID-19 guidance from the Scottish Government.</p> <p>https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19</p> |
| <p>TURAS</p> | <p>Contains a wide range of learning resources related to COVID-19 and psychosocial mental health and wellbeing support.</p> <p>https://learn.nes.nhs.scot/29698/psychosocial-mental-health-and-wellbeingsupport</p> |
| <p>Breathing Space</p> | <p>NHS 24 provide telephone support for people experiencing low mood, anxiety and depression.</p> <p>https://breathingspace.scot/</p> <p>0800 8385 87 - Weekdays: Mon – Thurs 6am – 2am & Weekends: Fri – Mon 6pm – 6am</p> |
| <p>Clear Your Head</p> | <p>Mental Health initiative run by the Scottish Government to help people cope during the pandemic</p> <p>https://clearyourhead.scot/</p> |
| <p>Coaching for Wellbeing</p> | <p>Coaching is a safe, confidential, enabling and developmental relationship which is tailored to your specific needs, style and context. Your coach will walk alongside you and support you to explore, understand and act on whatever is important for you.</p> <p>https://www.knowyoumore.com/wellbeingcoaching/</p> |
| <p>Support around Death (SAD)</p> | <p>Developed to provide education and training for those working with the bereaved and has web pages dedicated to COVID-19</p> <p>http://www.sad.scot.nhs.uk/covid-19/</p> |
| <p>Scottish Association for Mental Health (SAMH)</p> | <p>Scotland’s national mental health charity’s website contains a number of resources that to support mental health including information for dealing with stress and anxiety.</p> <p>https://www.samh.org.uk/</p> |

If you're not ok, there is help

There is support, help and advice available to all NHS GGC staff.

To find out more, visit:

www.nhsggc.org.uk/covid19/staffsupport

