

Mental health and wellbeing support for health and social care staff

Do you have a concern, complaint or comment?

Contact: Patient Relations Team, Herefordshire and Worcestershire Health and Care NHS Trust 2 Kings Court, Charles Hastings Way, Worcester WR5 1JR Tel: 01905 681517 Email: whcnhs.pals@nhs.net

Do you have a communication or information support need?

Please contact whcnhs.communications@nhs.net to request this leaflet in an alternative format

Do you need to know about accessibility?

Read our detailed guides at www.AccessAble.co.uk



Do you get stressed, anxious or have low mood?

Visit www.nowweretalking.nhs.uk to find out more or call **0300 013 57 27**.



Herefordshire and Worcestershire Staff Mental Health and Wellbeing Hub, or 'The Hub', is a new service specifically for health and care staff (in the NHS, social care, and the wider care system including care homes) working in our local area.

We have set up the Hub so that it is available to all staff, no matter your role.

As a team we aim to support you - you are our biggest asset. We are fully committed to you and keeping you safe.

Our services will be tailored to what you need, whether that is:

- » Advice
- » Assessment
- » Support
- » Signposting

We understand that COVID-19 has impacted all aspects of life, so if you are feeling stressed or anxious, we are here. No matter how small you feel the problem is, please do not hesitate to contact us.

Our service is **completely free and confidential**, and we want the Hub to be a safe space for you.

If you work in mental health and feel that you need to speak to someone outside of your organisation, we can help you to be seen elsewhere.

Can I contact the Hub if I work in a care home?

Yes, all health and social care staff, and staff in the wider care system and care homes can contact us for support.

What can I expect?

When you contact the Hub you'll be asked some questions by the team to find out how you're feeling and how best to support you. This can range from signposting you to help or advice, or to making a referral to a mental health team (this service is free and completely confidential).

How do I contact the Hub?

You can contact the Hub any day of the week and the team will aim to get back to you within two working days.

- » **Email: whcnhs.hwstaffhub@nhs.net**
- » **Telephone: 01905 520025**
- » **Online: www.hacw.nhs.uk/hwstaffhub**

Where can I access self-help resources?

If you would prefer not to speak to the Hub team directly, there are a range of self help materials and resources available on our website, including both local and national support.

Visit www.hacw.nhs.uk/hwresources