

Colleague Support

A guide for Employees

King's Mill Hospital, Mansfield Road,
Sutton in Ashfield Nottinghamshire NG174JL
Tel: 01623 622515 Join today: www.sfh-tr.nhs.uk



**Healthier Communities,
Outstanding Care**

VIVUP Employee Assistance Programme (EAP)

A 24/7, 365 days a year confidential helpline offering support on a number of problems including home, work, financial and health. **Contact 0330 380 0658 or [VIVUP.co.uk](https://www.vivup.co.uk)**

Occupational Health

Occupational Health can provide advice on physical and mental health that may be affecting you at work. Further advice can be obtained by calling the department on **01623 622515** or **ext 3780**. [Occupational Health Service \(notts.nhs.uk\)](https://www.notts.nhs.uk/occupational-health)

Clinical Psychology Wellbeing Service

Available to colleagues on a 1:1 or staff group basis. To address psychological distress or mental health difficulties related to their work, eg, anxiety, depression or traumatic experiences due to events that have happened at work. For referral please discuss with your line manager. [Clinical Psychology](https://www.notts.nhs.uk/clinical-psychology)

Wellbeing Champions

Wellbeing Champions can signpost you to an array of resources available to colleagues. For support please email **sfh-tr.wellbeing@nhs.net** or visit [tps://bit.ly/2Gq8jVi](https://bit.ly/2Gq8jVi)

Chaplaincy

Offering a 24/7 confidential, sympathetic non-judgemental listening ear for those of any faith and those who do not have any religious belief. The Chaplaincy also has multi-faith spaces for people to attend. **Call 01623 622515 ext 2754 / 3047.**

SFH Staff Networks

We are proud to host 5 staff networks including **Ethnic Minority, LGBT+, WAND (Disability), Carers and Women in Sherwood** more information on staff networks, please contact Ali Pearson – Equality, Diversity and Inclusion Lead - alison.pearson6@nhs.net

Organisational Development Team

The OD and Engagement Team supports colleagues to embed a culture of civility, respect, compassion and inclusion. The team can help with Team dynamics, group coaching and meditation when all other avenues have been exhausted. sfh-tr.odenquiries@nhs.net

Improvement Faculty Team

Put your bright spark ideas into action with the guidance of the SFH Improvement Team. sfh-tr.sfhimprovementfaculty@nhs.net

Freedom to Speak Up Guardian / Champions

Speak up and raise concerns about practice at work, including patient safety, health and safety and fraud. **Kerry**, Freedom to Speak Up Guardian can be contacted by telephone **01623 622515 ext. 4559**, on email kerry.bosworth@nhs.net or **07788 224490** There are also a number of peer champions who support Kerry, based at all sites.

Citizen's Advice

Provide free confidential advice on work, money, legal, housing, family, consumer and other issues. The national number is **0800 144 8848** or at <https://www.citizensadvice.org.uk>

Money Helper

NHS people can call this support line, provided by the MoneyHelper Service, for free and impartial money guidance.

0800 448 0826 or add **+44 7701 342 744** to your WhatsApp
<https://www.moneyhelper.org.uk/en>

Samaritans

Whatever you may be going through, Samaritans provide a listening ear 24/7, 365 days a year. Call **116 123** for free or email jo@samaritans.org

National Domestic Abuse Helpline / Respect Helpline

24/7, 365 days a year. Non-judgemental support for survivors of domestic abuse, in order to increase your safety and empower you to understand your options.

For female survivors of domestic abuse contact the **National Domestic Abuse Helpline on 0808 2000 237** or **chat live via their website.**

For male survivors of domestic abuse contact the **Respect Helpline on 0808 8010327** or **via their live webchat service.**

LGBTQ Foundation

The LGBTQ Foundation support people who identify as lesbian, gay, bisexual and trans. Whatever your needs, the foundation are able to support. **They can be contacted on 03453 30 30 30**, or email info@lgbt.foundation

Liberate Meditation

The Liberate is a meditation app to help reduce anxiety, alleviate stress and promote rest in POC / BAME Communities. More information can be found at <https://people.nhs.uk/help/support-apps/liberate-meditation/>

Scope

The Disability Equality Charity who can provide practical information and emotional support for people with disabilities, or caring for people with disabilities. They can be contacted on **0808 800 3333**

NHS – Our NHS People

An online resource centre for a range of needs, including mental health, bereavement, financial and wellbeing support.
at: <https://people.nhs.uk/help/>.

And there is so much.....

Scan the QR Code to access all SFH Wellbeing Resources

