

# Wellbeing resources



Yes

## Want to talk to someone?

Yes,  
now...

### Staff Health and Wellbeing Service



Support to offload any issues you are currently facing and direct you to helpful resources that support your wellbeing, there to support all staff during the challenges they face in during the Covid-19 pandemic.

To access support staff can self-refer by:  
**01639 684568** or extension **44568**, between 9–5pm  
Monday – Friday excluding Bank Holidays.



A free and confidential support line is available for NHS workers in Wales. Their volunteers are here to support you when you've had a tough day, are feeling worried or overwhelmed, or just have a lot on your mind and need to talk it through.

**0808 164 2777** (Welsh – open every evening, 7PM–11PM)  
**0800 484 0555** (English – open every day, 7AM to 11PM)

### Chaplaincy and spiritual care team



Informal drop in sessions are available across all hospital sites. Staff are invited to talk about any concerns they may have and independent support can be provided, no religion necessary.

**01792 703301** [SBU.chaplaincy@Wales.nhs.uk](mailto:SBU.chaplaincy@Wales.nhs.uk)  
08:30am – 16:30pm. For out of hours support please contact the Switchboard to transfer you to the on-call Chaplain.

### C.A.L.L (Community Advice and Listening Line)



is a free confidential listening and emotional support service. Anyone concerned about their own mental health or that of a friend/relative can access the service 24 hours a day, 7 days a week.

Call: **08000 132737** or Text: 81066  
<https://callhelpline.org.uk/>

### Union Colleagues



There are a number of Trade union colleagues that are there to support you. Contact details can be found on **Staffside intranet page** which is located within the **Staffroom** tab.

If for any reason you feel you can't raise concerns through local channels the guardian service are an additional, independent service who can be contacted 24 hours a day, 7 days a week. **0333 5773132** or **Malcolm.s@theguardianservice.co.uk**



**The Guardian Service**  
Here to listen

### Health for Health professionals

HHP Wales is a confidential and free, tiered model of psychological and mental health support available to everyone working for the NHS in Wales. This can be accessed via the self-referral form on the website. Visit [www.hhpwales.co.uk](http://www.hhpwales.co.uk) or email [HHPCOVID@cf.ac.uk](mailto:HHPCOVID@cf.ac.uk) or call **0800 058 2738** Mon–Fri 9am–5pm



*The Staff Health & Wellbeing Service have compiled these resources to help signpost you to the appropriate support.*



**GIG CYMRU NHS WALES**

Bwrdd Iechyd Prifysgol Bae Abertawe  
Swansea Bay University Health Board



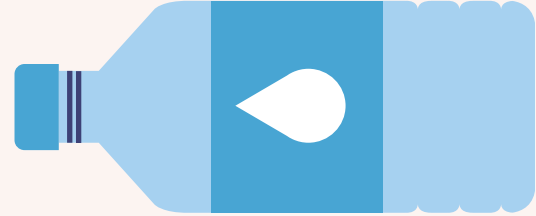
@SwanseabayNHS

# Physical Wellbeing



## Nutrition and Hydration

The Dietetics teams have compiled an intranet page containing useful information relating to nutrition and hydration. To view the page, go to the intranet Site Map and scroll down to '**Nutrition & Dietetics – Staff Wellbeing**'



## Exercise

#Doingourbit is a free online fitness platform including over 40 unique workouts given to the NHS by Britain's leading personal trainers. NHS Staff can access after registering.

Visit [www.fit4thefight.org/nhs-members-area](http://www.fit4thefight.org/nhs-members-area)

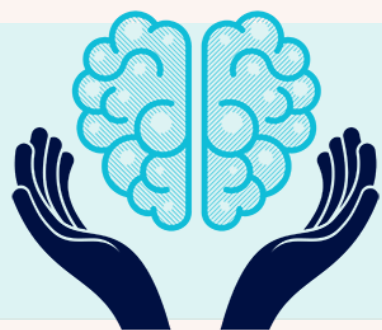


## Staff Wellbeing Advice and Support Service – MSK

This service offers an initial telephone contact regarding health at work concerns from a Physiotherapist for musculoskeletal conditions (**muscle and joint pain**).

To access support staff can self-refer by:

**01639 684568** or internal extension **44568**, between 9.00am and 5.00pm, Monday – Friday excluding Bank Holidays.



# Emotional Wellbeing

## The 'STOP' technique

is a short mindfulness exercise that can be helpful for managing anxiety, stress and pain. It takes just a minute or two so it can be used even during a busy shift.

To access, visit the **Staff Wellbeing–COVID–19 intranet page** and scroll down to the resource.



## Mindfulness minute

A mindfulness minute at your workstation, created by Dr Julie Highfield, Consultant Clinical Psychologist is a good way to take a moment to reset.

To view this and other best practice resources, visit [www.heiw.nhs.wales](http://www.heiw.nhs.wales), go to the COVID–19 tab and see '**Health and wellbeing resources.**'



## Able Futures\*

Able Futures can help you manage your mental health at work so you can enjoy more good days. (\*delivers the Access to Work Mental Health Support Service on behalf of the Department for Work and Pensions) Visit <https://able-futures.co.uk/>



## Psychological strategies

## 'FACE COVID'

is a set of practical steps for responding effectively to the COVID crisis, using the principles of acceptance and commitment therapy (ACT).

View by visiting the **Staff Wellbeing COVID–19** intranet page.

## Silver Cloud



is a web based cognitive behavioural therapy programme filled with a number of helpful resources that can support during this challenging period and is currently free to all NHS staff. For more info and to access, go to the **Staff Wellbeing COVID–19** intranet page.

## ACTivate your life

is a free online self-help video course, available without a GP referral, for anyone over the age of 16 struggling with their mental health. The course is designed to help people improve emotional and mental wellbeing and to help understand feelings so that day-to-day life becomes more enjoyable. Access via the **Staff Wellbeing COVID–19** intranet page.



# Bereavement

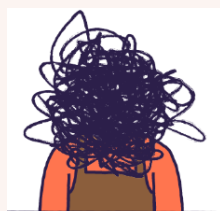
The **Cruse Bereavement Care** Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement. The helpline is open Monday–Friday 9.30–5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings when the line is open until 8pm. Call: **01792 462845** or email: **morgannwg@cruse.org.uk**



## Wellbeing apps – Currently free to access\*

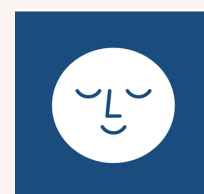
*\*check websites for more details on promotions*

### Daylight



Your expert guide through worry and anxiety. Learn proven tools and techniques to get out of your head, face difficult emotions, and be more present for the good stuff.

### Sleepio



Sleepio is a 6 week online program designed by sleep experts and based on cognitive and behavioural techniques.

### headspace

The Headspace meditation app teaches you how to breathe, meditate, and live mindfully. There are exercises on everything from managing anxiety to stress relief to breathing, happiness, calm, and focus.

## Additional training currently available

### REACTMH® conversation training:

is designed to equip NHS managers, supervisors and those with caring responsibilities for NHS people to confidently hold supportive and compassionate mental health and wellbeing conversations, during and beyond COVID-19. Contact **Laura.Keighan@wales.nhs.uk** for more information or to book onto a session.

### ‘Taking Care, Giving Care’ mini-rounds

promote compassion by inviting staff to spend time thinking about how they can take better care of themselves and care for others. Visit the Staff Wellbeing COVID-19 intranet page or email **SBU.TCGC@wales.nhs.uk** for more information about Taking Care Giving Care mini-rounds.



### Psychological first aid training

(PFA) is a humane, supportive and flexible response to fellow human beings who are suffering or distress during or after crises or emergencies, like the current COVID 19 pandemic. To find out more, visit the **Staff Wellbeing COVID-19** intranet page.

Some of these resources can be accessed from outside of the internet/from home. **Scan this QR Code** to visit and bookmark the page.

