

Dear Colleagues

We are facing some particularly challenging times as the pandemic continues. We all have our own ways of dealing with the situation but sometimes other factors impact on that and we find ourselves in a position where we need additional support.

Here are some links to talking therapies that you can access if you feel that you would benefit from having someone to talk to. They will direct you to services where you can access these services, with the NHS link below you can self-refer for various types of talking therapies, from personal experience of a colleagues who used it last year it was found to be very helpful.

<https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

The helpline and link below is for healthcare workers to access, it gives lots of resources and there is a helpline number that you can call as well

<https://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-health/>

0800 069 6222

<https://www.nhs.uk/oneyou/every-mind-matters>

Jo and I have an open door (as do all the Management Team) whenever we are in the building and are happy to talk any time that you need to, and we mean that! Here are our contact numbers:

Sue -07900273660

Jo- 07766734809