



**The
Wellbeing
Hub**

Working Well | Living Better



Wellbeing Support

Thames Valley



Please see links and resources to help support you and your colleagues.

For more information please visit the Wellbeing Hub

[Lead Employer - STHK | Welcome Booklet](#)

[STHK Intranet - The Wellbeing Hub](#)

Cost of Living Support

✓ **Moneyhelper**

[Free and impartial help with money, backed by the government | MoneyHelper](#)

✓ **Citizens Advice Bureau**
[Citizens Advice](#)

✓ **National Debt line**

0800 138 7777 Monday to Friday
8am to 6pm

✓ **STHK Cost of Living Booklet**

✓ **The Wellbeing Hub access to support and FOOD BANK vouchers email in confidence to wellbeing.referrals@sthk.nhs.uk**

✓ Lunch & Learn via TEAMS see Intranet

✓ [Energy advice and support](#)
[Welcome to Ofgem | Ofgem](#)

Self Help

✓ **VITA Healthcare (EAP)**

Freephone from UK landline:
0800 111 6387 my-eap.com
use access code: STHKWELL
or SOUTHPORTWELL

✓ **Practitioner Health**
Telephone: **0300 0303 300**
Out-Of-Hours: 111
Email: prac.health@nhs.net

✓ **Professional Support & Wellbeing Service -**
[Working across Thames Valley \(hee.nhs.uk\)](#)

✓ **Training Hubs | Health Education England**
<http://hee.nhs.uk>

✓ **The Hub of Hope**

✓ **Free NHS Access Apps**

[Unmind](#)

[Headspace](#)

Need to Talk

✓ **Text FRONTLINE 85258**

✓ **Gamblers Anonymous 0330 094 0322**

✓ **Talk to Frank Helpline 0300 123 6600 for drug advice and support**

✓ **[Bereavement Resource](#)**

✓ **Samaritans**
call 116 123

✓ **[Stay Alive App](#)**

✓ **[Chrysalis centre for change - female](#)**

✓ **[HimVisible & Andys Man Club - Male](#)**

✓ **[Guide to wellbeing Conversations](#)**

Crisis Intervention

✓ **[Mental Health Helpline for Urgent Help - NHS \(www.nhs.uk\)](#)**

✓ **[How to find local mental health services - NHS \(www.nhs.uk\)](#)**

✓ **Camden and Islington NHS Foundation Trust [0800 917 3333](tel:08009173333)**

✓ **999 or attend A&E**

✓ **Contact 999 and request Police welfare check if unable to contact someone at risk**

Further Support for Mental Health

- Practitioner Health Programme - <https://www.practitionerhealth.nhs.uk/>

Practitioner Health is a free, confidential NHS service for doctors and dentists across England who are experiencing mental illness and addiction problems and looking to return to clinical practice. The service can help with issues relating to a mental health concern, including stress, depression or addiction problems, in particular where these might affect work. The service is provided by health professionals specialising in mental health support to doctors and is available in various locations across England.

- Doctors Support Group - <https://doctorssupportgroup.com/>

The DSG aims to assist doctors and dentists who need help when coping with the enormous stresses and difficulties they may face. Members of the DSG come together for regular meetings and provide support for those facing suspension, exclusion, investigation of complaints and/or allegations of professional misconduct.

- Doc Health - <http://www.dochealth.org.uk/what-we-offer.html>

Confidential, not for profit, psychotherapeutic consultation service for all doctors. The service is delivered by Consultant Medical Psychotherapists based at BMA House in London. Although located in London, the service is open to all doctors in the UK. It is supported by the British Medical Association (BMA) and the Royal Medical Benevolent Fund (RMBF).

- BMA offers support services including counselling and the Doctor Advisor Service, For further information [please click here to visit their website: https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-for-doctors-and-medical-students](https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-for-doctors-and-medical-students)

Your free and confidential Employee Assistance Programme can provide information, advice and support 24 hours a day, 365 days a year (Management Support is available Monday - Friday 8am - 6pm)

- ✔ Work
- ✔ Money
- ✔ Retirement
- ✔ Your rights
- ✔ Health and Wellbeing
- ✔ Relationships
- ✔ Management Support
- ✔ Emotional support
- ✔ Children
- ✔ Legal information

Employee Assistance Programme



Freephone from UK landline: 0800 111 6387
For Management Support: 0800 111 6385

Visit www.my-eap.com use access code: **sthkwell**

Referrals Process



For physiotherapy referral, please follow the link:

<https://shk.cohort.hosting/Cohort10/External/ExternalRegister.aspx>

For Management Referrals

The process for trainees requesting a management referral is that they contact the case management team lead.employer@sthk.nhs.uk or call the helpline at 0151 478 7777.

Trainees do not have managers in their placements, the case management provides this support. The case management team, with the trainees consent will forward any reports to the appropriate person who is supporting the trainee at their deanery.

Support through our digital health and wellbeing apps



Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

Free access has now been extended until 31 December 2023.



Unmind

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. It includes digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.

Free access has now been extended until 31 December 2023.



StayAlive

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/>

How to Contact us

Sessions/Events booking:

wellbeingevents@sthk.nhs.uk

0151 430 1985

[Lead Employer - STHK | Wellbeing Support](#)
[\(merseywestlancs.nhs.uk\)](http://merseywestlancs.nhs.uk)