

EMPLOYEE WELLBEING SERVICES

How might I be feeling?

I feel well and want to stay emotionally healthy

I am beginning to struggle with my emotional wellbeing

I am struggling with my emotional wellbeing

I am really struggling with my emotional wellbeing

What might help me?

- Recharge Rooms at PCH, RGH and POW
- Mindfulness one off sessions accessed via CTM.WellbeingService@wales.nhs.uk
- Wellbeing Blogs at cwmtafmorgannwg.wales/staffwellbeing
- Wellbeing self-care workshops accessed via CTM.WellbeingService@wales.nhs.uk

- Self-help workbooks and resources at www.vivup.co.uk
- 24/7 Vivup telephone helpline – 03303 800 658
- Free on-line resources on cwmtafmorgannwg.wales/staffwellbeing
- Reading Well self-help books via CTM Library service and public libraries
- Long Covid emotional support Group accessed via CTM.WellbeingService@wales.nhs.uk
- Psycho educational courses – Anxiety Management, Low mood/depression, Stress and Trauma. Accessed via CTM.WellbeingService@wales.nhs.uk

- Self-referral / Manager referral to Vivup Counselling service. Access via www.vivup.co.uk or 03303 800 658
- Mindfulness based living course – Self-referral via CTM.Wellbeing@wales.nhs.uk
For Psychological Trauma – Health for Health Professions Wales helpline (9am - 5pm, Monday to Friday) - telephone: 0800 058 2738 or www.hhpwales.co.uk
- Back to Base Service to support staff back into their workplace – Accessed via CTM.WellbeingService@wales.nhs.uk

- Speak to your GP

For more information please go to cwmtafmorgannwg.wales/staffwellbeing