

Psychological Trauma Care Pathway for Staff

How am I doing?

I've been exposed to some difficult things but I am okay.

I am beginning to struggle with the difficult things I've been exposed to e.g. memories, poor sleep

I am struggling with the difficult things I've been exposed to e.g. memories, poor sleep, flashbacks, changes in mood, avoidance

I am really struggling with the difficult things I've been exposed to

What might help me?

Step 1 Self Care / Staff Care

- Supporting People who have experienced traumatic events – guidance for managers <https://cwmtafmorgannwg.wales/wp-content/uploads/2020/06/Supporting-people-who-have-experienced-traumatic-events-reduced.pdf>
- Wellbeing self-care workshops accessed via CTM.WellbeingService@wales.nhs.uk

Step 2 Self Care

- Vivup 24/7 telephone helpline – 03303 800 658 and online resources at www.vivup.co.uk
- Webinars on self-care following Trauma – provided by AMH services, accessed via CTM.WellbeingService@wales.nhs.uk or telephone 01443 443443 ext. 74083
- Self-referral to Health for Health Professionals Wales (www.hhpwales.co.uk). Helpline (9am - 5pm, Monday to Friday) - telephone: 0800 058 2738 who can provide
 - Self Help
 - Guided Self Help
- Library resources
- Free on-line apps accessed via www.cwmtafmorgannwg.wales/staffwellbeing

Step 3 Early Intervention

- Vivup counselling service for those with mild symptoms. Access via www.vivup.co.uk or 03303 800658
- STAR support, watchful waiting and signposting - accessed via CTM.WellbeingService@wales.nhs.uk

Step 4 Specialist Intervention

- Self-referral / Manager Referral to Health for Health Professionals Wales (www.hhpwales.co.uk). Helpline (9am - 5pm, Monday to Friday) - telephone: 0800 058 2738. They also provide
 - Peer support groups
 - EMDR and Trauma Focussed via virtual face to face sessions
- Speak to your GP