

COVID-19

Wellbeing Resources for Staff

This pack includes a range of CTMUHB services & NHS approved external/3rd sector services that you may wish to consider, it is not an exhaustive list. Please also consider contacting your GP in the first instance to discuss how you are feeling and any recommended support available.

This document puts together a number of resources that are available to support staff during the Coronavirus pandemic.

Nothing could have prepared us for the current reality. There are lots of organisations offering support for staff at the current time but even this can be confusing knowing where to start to find help. As a result we have put together this COVID-19 specific list of places where you can get help and support for any issues that you might be facing. We will update this weekly as new information arrives, but if you need any further assistance in finding the right help then please feel free to contact me via the HR Hub on 01443 443636 or CTM_COV19_HR@wales.nhs.uk



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Top Tips for self-isolating and staying at home

These tips are taken from 'every mind matters' on the NHS website.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<ul style="list-style-type: none">• Physical• Look after your body• Benefits of being in nature	<p>https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/</p> <p>https://www.wildlifewatch.org.uk/activity-sheets</p> <p>https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/</p>
<ul style="list-style-type: none">• Emotional• Psychology tools• Stay on top of difficult feelings	<p>https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/</p> <p>https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/</p> <p>https://www.youtube.com/watch?v=tfkhkFwCtxs</p>
<ul style="list-style-type: none">• Social Wellbeing• Employment benefits and rights• Plan practical things	<p><i>Check: GOV.UK: Coronavirus support, your council website for local guidance but also third party sites and guidance such as that by Martin Lewis (Money Expert)</i></p> <p>https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19?id=6268:coronavirus-guidance</p>
<ul style="list-style-type: none">• Spiritual Wellbeing• Mindfulness & Meditation• Breathing Bubble	<p>https://www.youtube.com/watch?v=ZToicYcHIQU</p> <p>https://www.youtube.com/watch?v=9tOJZQhOUw</p> <p>Ted Talks</p> <p>Spotify</p>

Occupational Health and Wellbeing Resources

Service	Purpose	Contact
CTMUHB Occupational Health & Wellbeing Service (OHWB)	The OHWB service offers physiotherapy, counselling and talking therapy to Cwm Taf employees	Support can be accessed via a self-referral found on the OHWB webpage
Vivup	Employee Assistance Programme	https://www.vivup.co.uk/users/sign_in

Emotional Wellbeing Resources

Service	Purpose	Contact
The Crisis Resolution Home Treatment Service (CRHT)		<p><u>CRHT North</u> (Covering Aberdare, Merthyr) Tel: 01685 726955 / 726952</p> <p><u>CRHT South</u> (Covering Taff, Pontypridd, Rhondda) Tel: 01443 443443 Ext: 6388 (OOH), 4388</p> <p>Access for staff living in the Bridgend locality should be sought via GP or emergency care services.</p>
C.A.L.L Listening line	A free, confidential telephone helpline service: 0800 132 737 or text 'HELP' to 81066. C.A.L.L offers emotional support and information/literature on Mental Health and related matters.	The website offers self-help resources too: http://www.callhelpline.org.uk

Samaritans	Confidential support via a 24-hour helpline	Free phone (mobile or landline): 116 123. Website: www.samaritans.org.uk
Doctors Counselling Service - Health for Health Professionals (HHP)	HPP provides doctors with access to a BABCP accredited therapist in their area.	Tel: 0800 058 2738 9am - 5pm Monday to Friday or to speak to someone out of the HHP helpline hours please telephone the BMA Counselling Service on 08459 200 169.
Mindfulness & Stress Control courses – Valleys Steps	Various sites across the Cwm Taf locality for people experiencing mental health needs	Tel: 01685 881113 Email: info@newhorizons-mentalhealth.co.uk
Compassion Based Mindfulness		Nikki.Thomas-Roberts@wales.nhs.uk
Bereavement Support	Cruse Bereavement Care offer a support service for individuals impacted by grief. The website also offers reading material	Tel: 0844 477 9400. Website: http://www.cruse.org.uk/
Survivors of Bereavement By Suicide (SOBS)	Offers a range of support to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.	Helpline: 0300 111 5065 - 9am to 9pm Monday - Friday. Email: sobs.support@hotmail.com Website: https://uksobs.org/
Bereavement through suicide or unexplained death	A recommended resource booklet for people bereaved through suicide or other unexplained death can be found at: http://supportaftersuicide.org.uk/wp-content/uploads/2016/10/Wales-HIAH.pdf	

Wish Upon a Star - Sudden or traumatic bereavement of a child or young adult (under 25 years).		Telephone: 01443 853125 option 1 Email: support@2wishuponastar.org
Wales Dementia Helpline	Supporting those living with dementia or those caring for someone who has dementia. The helpline offers emotional support to other family members or friends.	Tel: 0808 808 2235
Mind booklets	The Mind website offer a range of information booklets free to download	Website: https://shop.mind.org.uk/shop/booklets
Eating disorders - Beat	Website: www.b-eat.co.uk	Phone: 0845 634 1414
Online CBT Courses (NHS approved)	<p>> <u>Living Life to the Full</u> The course content teaches key knowledge in how to tackle and respond to issues/demands which we all meet in our everyday lives. Website: http://littf.com/</p> <p>> <u>E-couch</u> An interactive programme with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. https://ecouch.anu.edu.au/welcome</p> <p>> <u>MoodGYM</u> An interactive web programme designed to prevent depression. https://moodgym.anu.edu.au/welcome</p>	

Carers Telephone Counselling (RCT)	Free, confidential telephone counselling for carers living in RCT.	Telephone: 0808 100 1801
Carers A-Z Directory (Cwm Taf)	An information directory for carers is listed on the OHWB webpage outlining services for carers of all ages living in Merthyr Tydfil & RCT.	
Citizens Advice Merthyr Tydfil (Based at PCH & YCC)		If you would like further information or to make a referral contact: 07950 946 605
Carers Link Service – Hafal (Based at YCR & RGH)	Signposting, advice and guidance service	Contact: Gill: 07976 624332 gill.bundy@hafal.org Donna: 07805 665527 donna.evans@hafal.org
Bridgend Carers Centre	Provides information, support and short break opportunities to carers throughout Bridgend County Borough.	Telephone: 01656 658479 Website: http://www.bridgendcarers.co.uk/
New Pathways - Rape crisis and sexual abuse support services		Telephone 01685 379 310 Email: enquiries@newpathways.org.uk
Rape Crisis		Telephone: 0808 802 9999 Website: www.rapecrisis.org.uk
Domestic Violence – Refuge	Advice on dealing with domestic violence	Telephone: 0808 2000 247 Website: www.refuge.org.uk
Victim Support	Website: www.victimsupport.org	Telephone: 0845 30 30 900

Parenting - Family Lives	Confidential helpline, parenting resources, online forums and support	Helpline: 0808 800 2222 Website: http://familylives.org.uk
Relationship Support & Counselling - Relate	Website: www.relate.org	Phone: 0300 100 1234
Support for single parent families – Gingerbread	Provides support and expert advice on anything from dealing with a break-up to going back to work or sorting out child maintenance, benefit or tax credit issues.	Calls are free and confidential. Helpline number: 0808 802 0925 . Website: www.gingerbread.org.uk

Social Wellbeing Resources		
Service	Purpose	Contact
LGBT NHS staff helpline – Diversity Street	Diversity Street is an email based helpline for staff to get in touch, confidentially, with dedicated members of the LGBT network and the Equalities team if they have any concerns, queries, or just for a general chat regarding their identity.	The dedicated email address: CTT_DiversityStreet@wales.nhs.uk and all emails will be answered with confidentiality.
Alcoholics Anonymous	Website: www.alcoholics-anonymous.org.uk	Telephone: 0845 769 7555
Narcotics Anonymous	Website: www.ukna.org	Telephone: 0300 999 1212
Gamblers Anonymous	Website: www.gamblersanonymous.org.uk	

Citizens Advice Hub	Dewi Sant Hospital - Friday Mornings 9.30a.m – 11.30a.m	Hub Admin line: 01443 409284/01443 477113
The Money Advice Service	Free money advice face to face or on the telephone Website: http:// www.moneyadviceservice.org.uk	Advice line: 0300 500 5000
Unison – There for You	https://www.unison.org.uk/content/ uploads/2018/09/25232_general- booklet_A6.pdf	

Physical Wellbeing Resources

Service	Purpose	Contact
Drug & Alcohol Single Point of Access (DASPA)	The service provides information or support about alcohol and drug misuse – whether for their own purposes or their family, friends or colleagues. Self-referrals are accepted	Telephone: 0300 333 0000 (free from landlines, local rate from mobiles) Email: daspa@daspa.org.uk
Cancer and Palliative Care Clinical Psychology Service	Specialist psychological support for individuals who have a diagnosis of cancer or a palliative condition who have complex psychological needs. The service is run by Dr Rachel Criddle - Macmillan Clinical Psychologist.	Telephone: 01443 443443 (Ext 4013) Email: Rachel.Criddle@wales.nhs.uk

Spiritual Wellbeing Resources

Service	Purpose	Contact
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CTMUHB Chaplaincy	The Chaplains are available for staff support in times of stress, anxiety and difficulties wherever they work in Cwm Taf. They provide a confidential listening ear and a safe environment to talk. The conversation need not be religious or spiritual in nature	<u>Princess of Wales, Bridgend</u> : 01656 754033 <u>Prince Charles Hospital</u> : 01685 721721 or (ext. 8427) <u>Royal Glamorgan Hospital</u> : 01443 443433 (ext. 4070 or 6300) <u>Ysbyty Cwm Rhondda</u> : 01443 443443 (ext. 2669) <u>Ysbyty Cwm Cynon</u> : 01443 721721 (ext. 5497) The duty chaplain can be contacted via switchboard
Arts, Health & Wellbeing	Aims to improve emotional health and positivity within the health board.	Telephone: Esyllt George 01443 744800 / ext.24845 Email: esyllt.george@wales.nhs.uk
Start2 Live Life More Creatively:	This site shows you how you can use your natural creative skills to maintain and improve your wellbeing. The site also includes Lifestyle coaching, Brain boosting activities and much more.	Website: http://www.start2.co.uk/

Local Support Contact numbers

CMHT (Llanelli - Brynmair) – 01554 772768

CMHT (Carmarthen – Wellfield) – 01267 236017

CMHT (Ceredigion – Hafan Hedd) – 01559 364160

CMHT (Pembrokeshire – Bro Cerwen) – 01437 773157

Crisis Team (Llanelli) – 01554 745771

Crisis Team (Carmarthen) – 01267 674083

Ty Myddfai (Carmarthen) – 01267 229700

Mind (Llanelli) / **Twilight Sanctuary** - 01554 752751 / 01554 253193 (Thurs-Sun, 6pm-2am)

Mind (Carmarthen) – 01267 222990

Mind (Haverfordwest) – 01437 769982

Mind (Ceredigion) – 01970 626225

Hafal (mental health support - Llanelli) – 01554 742870

Mental Health Matters Wales Telephone Befriending – 01656 651 450