



## EMPLOYEE HEALTH & WELLBEING SERVICE

Occupational Health  
Occupational Physiotherapy  
Employee Wellbeing

### Depression and low mood



Depression can make you feel fatigued, distracted, lacking in confidence or self-esteem and generally low in mood. Below are some resources for those experiencing depression or low mood and its associated symptoms.

The [Centre for Clinical Interventions](#) provides information on depression and a workbook based on practical skills and techniques to manage low mood.

The [Silvercloud online CBT service is free to access](#) for NHS staff. The 'Space for resilience' program can help you to regain your passion for life, feel more positive and connect with those around you.

Physical activity has been shown to positively impact mood. You can [access advice on exercise here](#).

The [Samaritans have introduced a confidential support line](#) for health and social care staff, free to access from 7:00am-11:00PM, seven days a week.

**Counselling:** It may be appropriate for you to work through your depression with a trained counsellor or therapist.

- The Employee Wellbeing Service provides counselling if appropriate, as well as Guided Self-Help for low mood. Guided Self-Help is a brief, low intensity therapy, based on the principles of Cognitive Behaviour Therapy (CBT). You can self-refer to the service with a [referral form which you can find on the EWS webpage, here](#).
- **Health for Health professionals Wales** is providing [free psychological and mental health support](#) to all NHS staff in Wales.
- You can also find private, **BACP** (British Association for Counselling and Psychotherapy) approved counsellors and psychotherapists in your local area using the [BACP directory](#).

**Mindfulness** can help you to improve your mood and reconnect with yourself and the world around you by learning to become more engaged in the present moment:

- **Palouse Mindfulness** provides an eight-week free online Mindfulness-Based Stress-Reduction course. The [Palouse Mindfulness website](#) also has lots of related resources.
- NHS staff have been given free access to a number of **mindfulness apps**, such as 'Headspace' and 'Calm'. [Find out about the apps you can access here, and here](#).

[ACTivate your life](#) is a free online course, prepared by Public Health Wales. Based on the principles of Acceptance and Commitment therapy, this course will teach you strategies to help you cope with difficult and distressing thoughts and emotions, helping you to develop greater confidence and meaning in your life.

