

Dear all,

We would like to draw your attention to the recent expansion of the Health for Health Professionals Wales (HHP Wales) service.

HHP Wales is a confidential and free, tiered model of psychological and mental health support available to everyone working for the NHS in Wales.

HHP Wales operates between 9:00 to 17:00, weekdays (not bank holidays) and can be accessed via the self-referral form on the website (<https://www.hhpwales.co.uk/>) via email (HHPCOVID@cf.ac.uk) or by phone 0800 058 2738. It is not an emergency service however you will be able to find details for appropriate out-of-hours and emergency support services on our website.

HHP Wales aims to provide support to those with acute symptoms such as those feeling overwhelmed and distressed or having difficulties managing the various challenges that the pandemic has brought; those developing symptoms of anxiety and depression, as well as longer term effects such as PTSD.

HHP Wales Services - After contacting the service individuals are directed to a trained doctor advisor who will triage their need and signpost them on to one or more of the following services:

- **Self help**
In collaboration with HEIW and the NHS England Practitioner Health service we are able to sign-post to numerous mobile applications, self-help guides, virtual groups and other services.
- **Peer Support**
This will give access to volunteer Peer-support providers. Doctors and medical students will be directed to the services run by the BMA. Other Health Professionals will be directed to a HHP Wales service.
- **Guided Self-Help**
Following initial consultations with either a SilverCloud or HHP Wales therapist, individuals will be directed to specific Self-help materials. As appropriate a follow-up consultation will review the need for additional support. In conjunction with NCMH we are also hoping to be able to offer a new PTSD guided self-help service in the near future.
- **Virtual face to face consultations**
Individuals can receive up to 8 sessions of CBT from a BABCP accredited therapist.

HHP Wales has been designed to work in conjunction and to be complementary to the services offered by occupational health departments and the support available to an individual through their GP.

Finally, if you are interested in being involved in supporting the service or have any further questions then please get in touch via HHP@cf.ac.uk

Thank you for your time,

Dr Thomas Kitchen
Deputy Director Health for Health Professionals Wales, Cardiff University