



**PEOPLE HEALTH &
WELLBEING SERVICE**

Occupational Health
Occupational Physiotherapy
Employee Wellbeing
Health Intervention

Wellbeing Resources

The Employee Wellbeing Service have compiled these resources for managers

Supporting staff wellbeing - advice for managers

Staff from Cardiff and Vale UHB have produced a series of resources for managers:

- For managers supporting their team around the loss of a staff member or long-term patient: please see [‘Guidance for line managers around grief’](#) under CAV resources.
- [Tips for how managers can protect the psychological wellbeing of their teams](#)
- [Managers’ checklist for supporting staff](#)
- [End of shift checklist](#)
- [‘How to huddle’](#) provides advice about checking in with staff at the start and end of a shift.

Training opportunities:

Below are resources and workshops to support further learning and promote awareness about how we communicate about mental health.

Wellbeing Champion Training: [sign up on Eventbrite](#)

Q&A for Managers: [sign up on Eventbrite](#)

Stress Risk Assessment for Managers: [sign up on Eventbrite](#)

Zero Suicide Alliance provides training on how to respond and react when you feel someone may be feeling suicidal. Take the time to do the training and feel more comfortable talking about the issue of suicide: www.zerosuicidealliance.com/



Experiencing a mental health crisis

If a person needs urgent mental health assistance, their **GP, out-of-hours GP or NHS Direct 111** should be contacted. If you feel that you or another person are in **immediate danger, contact the emergency services**. Below are helplines for people who are struggling:

The **Samaritans** have introduced a confidential NHS staff support line, free to access from 7:00am-11:00PM, seven days a week. **Call: 0300 131 7000**.


Alternatively, you can text **FRONTLINE** to **85258** for support 24 hours a day via text.

C.A.L.L (Community Advice and Listening Line) is a free confidential listening and emotional support service. Anyone concerned about their own mental health or that of a friend or relative can access the service 24 hours a day, 7 days a week.
Call: 08000 132737 or Text: 81066

The **Cruse Bereavement Care** Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement. The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings when the line is open until 8pm. **Call: 0808 808 1677 or email helpline@cruse.org.uk**

Papyrus is a suicide prevention charity for young people (under 35s). You can find advice, a helpline and support here: **papyrus-uk.org/**

For individuals who are struggling with suicidal ideation, it can be useful to write a safety plan for when you are in crisis. It may be a good idea to work through a safety plan with a professional, such as a therapist, or another trusted person. **Staying safe** provides guided, supportive videos detailing how to create a safety plan: **stayingsafe.net/home**





Further Support

Stress Risk Assessment: If you are concerned about a staff members' stress levels, completing a Stress Risk Assessment (SRA) can be a useful way to find out how you can support your staff member to feel less stressed in work. You can find the Stress Risk Assessment on our [website](#), in addition to a stress risk assessment guide which provides useful suggestions and ideas. If you are conducting an SRA, it is important to give your staff member opportunity to prepare, so that they can take an active role in the process.

The **Employee Wellbeing Service** runs regular '[Stress Risk Assessment for Managers](#)' workshops, where you can learn more about stress and conducting a stress risk assessment. There is also a monthly [Q&A for Managers](#), aimed at supporting managers as they support the wellbeing of their staff and highlights information about wellbeing resources available to employees. You can [sign up on Eventbrite](#) or [follow us on Twitter @EWS_CAVUHB](#) to hear about our upcoming workshops and training sessions.

[Health Education and Improvement Wales](#) have provided a range of wellbeing resources including a series of FAQs for managers and staff:
heiw.nhs.wales/support/colleague-health-and-wellbeing

[Employee Wellbeing Service](#) If a staff member is struggling with their mental health you can suggest they refer themselves to the Employee Wellbeing Service, where they can access resources, guided self-help and counselling. The service only accepts self-referrals. **Call:** 02920 744465 or **e-mail:** employee.wellbeing@wales.nhs.uk

[Canopi](#) provides free psychological and mental health support to all NHS staff in Wales: canopi.nhs.wales/

