

# MENTAL HEALTH AND EMOTIONAL WELLBEING SUPPORT FOR HEALTH AND SOCIAL CARE STAFF ACROSS TEESSIDE

## LOCAL SUPPORT



### Mindfulness Groups

tewv.mindfulness@nhs.net / 01325 552017

### IMPACT - psychological therapies / wellbeing

[www.impactonteesside.com](http://www.impactonteesside.com)

[www.impactonteesside.com/online-referral/](http://www.impactonteesside.com/online-referral/)

[admin@impactonteesside.com](mailto:admin@impactonteesside.com)

01642 573924

### North Tees and Hartlepool NHS Foundation Trust

Psychology Support Hub,

Monday - Friday, 9am - 5pm: 01429 522049

### South Tees Hospitals NHS Foundation Trust

Staff counselling service team: see staff intranet

### TEWV NHS Foundation Trust

[tewv.employeesupportservice@nhs.net](mailto:tewv.employeesupportservice@nhs.net)

### Care home staff support

Group & 1:2:1 support for care home managers / staff

[TEWV.IntensiveLiaisonServices@nhs.net](mailto:TEWV.IntensiveLiaisonServices@nhs.net)

01642 389000

## REGIONAL SUPPORT



### North East and North Cumbria Staff Support & Wellbeing Hub

Confidential helpline for health and care staff

7am - 9pm, 7 days a week

0191 223 2030

<https://nhsjoinourjourney.org.uk/what-we-are-doing/staff-wellbeing-hub/>

## NATIONAL SUPPORT



### NHS Staff Support Helpline

7am - 11pm, 7 days a week

0800 069 6222

### Bereavement Support Line

8am - 8pm, 7 days a week

0300 303 4434

### NHS Staff Text Support Service

Text FRONTLINE to 85258

## ONLINE SUPPORT

### Recovery College Online

[www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk) &

[www.recoverycollegeonline.co.uk/](http://www.recoverycollegeonline.co.uk/)

[your-mental-health/coronavirus/](http://your-mental-health/coronavirus/)

[for-staff/staff-webinars/](http://for-staff/staff-webinars/)



### NHS Employers national staff support resources

<https://www.nhsemployers.org/covid19>

### Mental health conversation training for all managers and supervisors across the NHS, health and care organisations

<https://people.nhs.uk/react-mh-conversation-training>