

## **Staff Support Resources**

We hope that the Clyde Emergency Departments provide a supportive environment for all staff and encourage peer support. As a team of health care professionals we should be caring towards colleagues and be available to help each other.

On occasion people may want to seek help out with the department and may find these resources helpful;

- NHS GGC is committed to providing “A healthier place to work” with focus on dealing with stress in the workplace and offering support.  
<https://www.nhsggc.org.uk/working-with-us/staff-health/mental-health-and-wellbeing/our-responsibilities-as-an-employer/>
- Occupational health;  
Phone 0141 201 0600 (Mon-Fri 0800-1800) to speak with nurse.  
Usually involves a 30 minute triage phone consultation and then follow up appointment within a few days.  
Counselling services available within 4-6 weeks from referral.  
<https://www.nhsggc.org.uk/working-with-us/hr-connect/occupational-health/mental-health-wellbeing/>
- Self help resources (recommended by Occupational health);
  - NHS inform ([www.nhsinform.scot](http://www.nhsinform.scot))  
Mental Wellbeing pages  
<https://www.nhsinform.scot/healthy-living/mental-wellbeing>
  - Breathing Space – run by NHS 24 to provide confidential phone service for anyone in Scotland in Scotland experiencing low mood, depression or anxiety  
<https://breathingspace.scot/>
  - Living Life to the Full – free online course covering low mood, stress and resilience  
<https://littf.com/home/living-life-to-the-full-series/>
  - NHS Choices Mindfulness advice – to help positively change how you approach problems  
<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>
- British Medical Association – offers Wellbeing Support Service to members, including 24/7 confidential counselling 0330 123 1245  
<https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support>