

Employee Wellbeing Services

To access any of our services, please complete our referral form by scanning the QR code, visiting <https://forms.office.com/r/qe6Zw6PhST> or emailing us at CTM.WellbeingService@wales.nhs.uk. For more information go to <https://ctmuhb.nhs.wales/staff>



How am I?



I feel well and want to stay emotionally healthy

Supporting self

- Follow us on Twitter and Facebook @CTMWellExp
- Rest, Recharge and Reconnect – compassion based mindfulness session
- Virtual Reality Headsets to practice relaxation and mindfulness

- Introductory Mindfulness courses available from Valleys Steps valleyssteps.org



Supporting other staff

Mental Health Awareness Training for Managers

Accessed via CTM.
MHFAStaffWB@wales.nhs.uk

Wellbeing Supporter training

Accessed via CTM.
MHFAStaffWB@wales.nhs.uk

How am I, How are you?

A facilitated learning space on how to support yourself and others at work

Wellbeing Team Intervention

Support for teams that are struggling

Management consultation slots

A space to discuss the wellbeing of a colleague struggling with their emotional wellbeing



I am beginning to struggle with my emotional wellbeing

- Management Booths – Individual wellbeing support for managers
- Menopause@CTM – support for people affected by peri-menopause/menopause
- Healthy Lifestyle 10 week course to support weight loss and sustainable lifestyle changes

- Wellbeing Workshops e.g. Anxiety, Low Mood, Sleep, Unwinding, Stress & Burnout, Barriers to Exercise, Building Resilience
- Trauma First Aid – support for individuals/ teams impacted by trauma at work

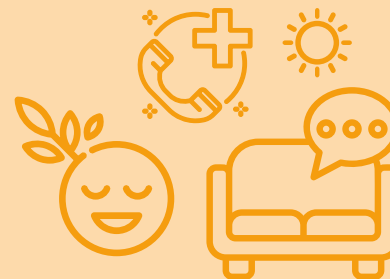
- 24/7 Vivup telephone helpline, online workbooks and counselling – 03303 800 658 and www.vivup.co.uk
- Free on-line resources on ctmuhb.nhs.wales/staff
- Reading Well self-help books via CTM Library service and public libraries



I am struggling with my emotional wellbeing

- Referral (self/manager) to Vivup Counselling service – www.vivup.co.uk / 03303 800 658
- Mindfulness based living course – 8 week course

- Work-based Therapy Service – therapy for those affected by work based events e.g. trauma (please see specific criteria on referral form)
- Canopi helpline (9am-5pm, Monday to Friday) 0800 058 2738 or canopi.nhs.wales



I am really struggling with my emotional wellbeing: Speak to your GP to access Mental Health services. If you are in mental health crisis please contact the emergency services or your local crisis team.



Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

