

Going Home Checklist



Take a moment to think about today



Acknowledge one thing that was difficult on your shift; let it go



Be proud of the care you gave today



Consider three things that went well



Check on your colleagues before you leave; are they OK?



Are you OK? Your senior team are here to listen and support you



Do you feel fit to travel home?



Now switch your attention to home:
Rest and Recharge

Our Cwm Taf Morgannwg Employee Assistance Programme (EAP) is free and has been set up to support all staff 24 hours a day.

You can call the free phone number 03303 800658 or find the full range of services at vivup.co.uk
At CTMUHB, there are a number of services available to support your wellbeing. To find out more please scan the QR code below.

