

Employee Wellbeing Services

To access any of our services, please complete our Access Form by scanning the QR code or clicking [this link](https://ctmuhb.nhs.wales/staff/employeewellbeing/). For more information visit <https://ctmuhb.nhs.wales/staff/employeewellbeing/>



How am I?



I feel well and want to stay emotionally healthy



I am beginning to struggle with my emotional wellbeing



I am struggling with my emotional wellbeing



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.

Supporting Self

- **Pre-recorded Wellbeing Workshops** Workshops On demand, 24/7 which include topics such as anxiety, sleep, building resilience, menopause awareness & preparation and more are available on our [YouTube CTM Wellbeing Channel](#)



- **Trauma First Aid** – support for individuals/ teams impacted by trauma at work (To access please email [Wellbeing Service](#)).
- **Guided Self Help** - Personalised self-help materials to improve thoughts and behaviors on topics such as sleep, low mood, and many more.



- **Work Related Therapy** is a counselling service for those experiencing challenges and trauma originating from events, and situations at work.
- **Navigating Tough Times** is a 6-week facilitated therapy group helping staff to understand how they are feeling and responding to challenging situations



Supporting other staff

Managing Staff Wellbeing: Providing the Best for Staff and Patients
Full day training course that aims to provide managers the skills they need to support the wellbeing of their teams



Listen, Support, Signpost: How to be there for colleagues.
4-hour training course that aims to provide staff with the tools to support their colleagues who may be struggling with their emotional wellbeing



Bespoke Team Support
Support for teams that are struggling

Management Booth
Offers managers the opportunity to explore their feelings and reactions to the management challenges they're experiencing



External Support

Vivup – 24/7 access,
CTMUHB is funding staff access to a free telephone helpline and counselling service for support with personal issues.

- Access to workbooks and resources register on www.vivup.co.uk.
- Helpline and Counselling service –03303 800 658

Canopi helpline - Free and confidential mental health support for NHS staff (9am-5pm, Monday to Friday) 0800 058 2738 or canopi.nhs.wales

Valley Steps Working in partnership with CTMUHB they deliver workshops. For more info go to valleysteps.org.

CTM Library Service - Reading Well self-help books available

