

# 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?




## Supporting Self


## Supporting other staff

## External Support


  
**I feel well and want to stay emotionally healthy**

- Pre-recorded Wellbeing Workshops** On demand, 24/7 which include topics such as anxiety, sleep, building resilience and more are available on our [YouTube CTM Wellbeing Channel](#)
- Virtual Reality Headsets** to practice relaxation and mindfulness



  
**I am beginning to struggle with my emotional wellbeing**





- Menopause@CTM** - support for people affected by peri-menopause/menopause. We have a range of services available to support your emotional needs. These include Mindfulness and sessions that focus on the 4 main symptoms.
- 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

  
**I am struggling with my emotional wellbeing**


- Work Related Therapy** is a counselling service for those experiencing challenges and trauma originating from events, and situations at work.
- Mindfulness** sessions or courses can help support the regulation of emotions, enhance our wellbeing and help us to become more insightful

**Navigating Tough Times** is a 6-week facilitated therapy group helping staff to understand how they are feeling and responding to challenging situations

- 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
- Manager Support**  
Offers managers the opportunity to explore their feelings and reactions to the management challenges they're experiencing  

- 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](http://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](http://canopi.nhs.wales)
- Valley Steps** Working in partnership with CTMUHB they deliver workshops. For more info go to [valleysteps.org](http://valleysteps.org).
- CTM Library Service** - Reading Well self-help books available

  
**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.

