



**To access any of these services please complete our Access Form by either scanning the QR code or clicking on this link.**

## One-off support:

These services can be accessed together and do not require an initial assessment.

### VR Headset

8 week loan

Our Virtual Reality Headsets are preloaded with a number of relaxation resources and provide an immersive experience on which you get to relax, play games and be introduced to mindfulness in a novel way in the comfort of your own home.

### Listen, Support, Signpost: How to be there for colleagues

Group sessions, available to all staff

This 4-hour training course is designed to equip staff with the tools they need to support colleagues who are struggling with their wellbeing.

It is recommended that participants have an appropriate level of wellbeing before attending.

### Managing Staff Wellbeing: Providing the Best for Staff and Patients

Group session and available to all managers

A full day training course which explores how managers can create a culture of positive wellbeing in their teams and support individual staff members who are struggling.

### Manager Support

1:1 sessions

Offers managers the opportunity to explore their feelings and reactions to the management challenges they're experiencing. This service supports managers to come to a better understanding of themselves and their staff and offers a psychological and relational perspective to these experiences.

### Bespoke Team Sessions

Tailored and delivered for teams and departments to help with their emotional wellbeing. Examples wellbeing workshops for a team, menopause support, overview of wellbeing services, team dynamics, induction/event attendance.

#### **Please note:**

- Consultation meeting will be arranged to discuss
- At least 6 weeks notice required

## Ongoing Support:

These services require an initial assessment to ensure the service is right for you & cannot be chosen together due to conflicts and the time commitment needed.

### Guided Self Help

1:1 sessions

Uses self-help materials selected exclusively for you which looks at your perceptions of your emotional experiences and how you can manage your wellbeing by changing the way you think and behave.

Over 6 -8 weekly sessions, you will be guided the materials on a 1:1 basis in the form of workbooks.

### Mindfulness

1:1 sessions

Mindfulness can help support the regulation of emotions, enhance our wellbeing and help us to become more insightful. As we become more aware of our thoughts, feelings and emotions we may find we become less overwhelmed by them.

During the sessions you can gain practices to support you to navigate difficult emotions, experiences and self-talk and live a more mindful life.

### Navigating Tough Times

6 week therapeutic group

While we can't always change our environment, we may have some control over how we react and respond to it. Working closely within a confidential environment, we hope that this group will help staff to understand how they are feeling and make sense of themselves, others and their relationships, and their responses to stressors in their lives.

### Work Related Therapy

1:1 sessions in person/MS Teams

A counselling service for those experiencing challenges and trauma originating from events and situations at work. They are designed to offer a space to explore trauma reactions and navigate complex situations rooted in our work experiences and their effects throughout our life.

Offered to those who meet a set criteria which is determined via an initial assessment.