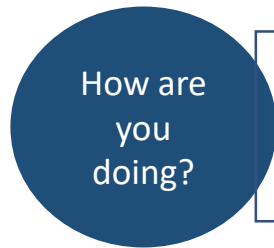


Supporting resources

Keeping you well - shortcuts

Click on each circle to take you to the resource



Public Health Wales resources on four areas of wellbeing



NHS Wales employee and manager wellbeing toolkits



Access to professional support for NHS Wales staff, hosted by Cardiff University



Access to counselling and support on a variety of subjects
– username: publichealth
- password: employee



Access to free online CBT covering stress, resilience and sleep
Access code: WALES2020



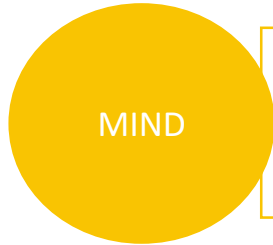
Free access to the Headspace app for NHS Staff



This unique health management resource helps you enhance your Wellbeing.
Access code: WF1



Resources developed by the Intensive Care Society to support staff wellbeing



Tools and resources from mental health charity, MIND

Contact People Support Plus+ for further advice

Use the Staff Information micro-site for more information

Keep in regular contact with your line manager

Keeping you well

Navigating the support available

HEIW Toolkit

Advice and support can also be offered by
People Support Plus+, Monday-Friday 9-5pm

Public Health Wales, the NHS in Wales and other partner organisations have mobilised supporting resources for staff. All services and resources are accessible to everyone, however this guide may help colleagues and managers to what is right for them. For the purpose of this guide, 'frontline' is colleagues in microbiology services, the COVID-19 contact centre, MAC screening services and colleagues working in testing stations.

Resource	Type	Accessibility	May be helpful for
How are you doing? (including external links)	Online wellbeing resources	24/7 no VPN needed	All colleagues and communities
Staff information and guidance (including external links)	HR information for all staff	24/7 no VPN needed	All colleagues
Care First-EAP (Zest app also available)	Telephone counselling	24/7 phone support	Colleagues benefitting from telephone counselling on any matter
SilverCloud CBT	Online mini-CBT sessions	24/7 no VPN needed	Colleagues requiring support with sleep, stress and resilience and able to self-direct
Health for Health Professionals	Telephone support from qualified health professionals	Monday-Friday 9-5pm	Colleagues on our 'front lines' needing to talk to a professional
Shout!	Crisis help text service	24/7 text	Colleagues who need immediate support
Coaching for Managers - see Manager's Toolkit	Two phone/skype coaching sessions for managers (PHW qualified coach)	Mon-Fri 9-5pm	Line managers who could benefit from coaching to help them support staff
PHW Listening Service - see Staff Information and Guidance	Phone/skype 'reach out' chat with PHW colleague (qualified counsellor)	Mon-Fri 9-5pm	Colleagues on our 'front lines' needing to reach out to a colleague (debrief)