

Healthier Together **Support Network**

*your wellbeing
matters*

**‘How are you looking after yourself?’
‘Not as well as I should be...’**

As health and care workers it's never been more important to look after ourselves – and to look out for each other at work. A new wellbeing service has been introduced for health and social care staff in Bristol, North Somerset and South Gloucestershire. Services offered by the new 'Healthier Together Support Network' are in addition to the wellbeing service already provided by your employer and are summarised on our flyer and on our [website](#) pages.

What steps can I be taking?

- **Take time to check in with yourself** – how are you doing physically, emotionally, socially? There's a useful checklist on the signs of stress on our web pages [here](#).
- **Locate the right support** – people often make assumptions about whether help would be useful. In fact a whole range of services and apps are available for different circumstances. It can be difficult to know which resources you can access. We are pulling together the most useful resources for you on our [website](#).
- **Do one small thing** – remembering to drink more water, ask a colleague how they're doing – it's often the small things that make the biggest difference. See the training offered on our [website](#).

What does the service offer?

- **For all staff:**
 - A call-back service to explain the support available. Call 0117 342 4740.
 - Psychological assessments – you can refer yourself via this [form](#)
 - 1:2:1 psychological therapy:
 - Brief psychological support for work-related stress and difficulties
 - Psychological therapy for grief and loss
 - Psychological therapy for work related traumas
 - Psychological skills training through [training workshops and webinars](#) (latest list below – please always check the website for the latest timetable):
 - **Traumatic events at work – effective ways to respond and to cope.** 1 hour webinar introducing the general concept of workplace trauma and focussing attention on how we support each other in the hours and days after a traumatic event.
 - 15th December (3pm – 4pm)
 - **Title: Managing Stress and Burnout:** This one-hour session will focus on what you can do as an individual to help identify early signs and put strategies in place to help manage the emotional demands of work and reduce the chance of burnout.

- 26th November (11am – 12 noon)
- 17th December (11am – 12 noon)
- **How can we help? Understanding the psychological needs of your service:** Learn more about what our service has to offer and tell us what you need so we can better target our interventions. This sessions is aimed at team leaders/managers. Please book your place in advance.
 - 30th November 2-3pm
 - 14th December 2-3pm
- **Introduction to compassionate leadership – creating healthy teams:** A series of three online workshops (we recommend attending all three):
 - Workshop 1: Wednesday 1st December 12-2pm
 - Workshop 2: Wednesday 8th December 12-2pm
 - Workshop 3: Wednesday 15th December 12-2pm
- **For managers:** 1-hour consultations to help plan steps that can be taken to support individuals in your team or rebuild team relationships. You can book a call on 0117 342 4740.
- **For leaders:** the offer of joining a leadership meeting to run a facilitated session, helping you reflect on the impact of recent experiences on staff wellbeing and plan ahead. You can book a call on 0117 342 4740.

Who is eligible?

The service is available to all organisations who are part of the 'Healthier Together' partnership. This includes:

- The social care sector (all council-run and independent care homes and home care providers).
- Community care (Sirona care & health)
- Mental Health Care (AWP)
- GP Practices and BrisDoc. Please also see the Avon Local Medical Committee Website for resources.
- Secondary Care (University Hospitals Bristol and Weston and North Bristol Trust)
- South West Ambulance Services

My employer already offers a wellbeing service – how does this fit with that?

This service has been set up to complement, not replace your employer's wellbeing services – which vary in scope. We recommend you check out what your organisation provides first.

What kind of issues can you help with?

- **Assessment:** You can refer yourself for a one-hour assessment. This will give you the space to talk about your experiences, for someone to listen and help you reflect, and to come up with strategies to help you manage any issues.

- **Stress:** We offer a brief psychological support (up to three sessions) to help you with work-related stress and difficulties.
- **Grief and loss:** You can access a longer course of psychological therapy (up to six sessions) to help you deal with loss or grief.
- **Therapy for work-related trauma:** If you have been affected by a traumatic experience at work, you can access up to 12 sessions of psychological therapy.
- **Caring for your team:** If you are a manager, you can book a consultation to discuss ways you can support your team – and resources that could help.
- **Training and awareness:** We are also offering training to build skills (for instance psychological awareness) and short explainers on common themes, such as managing home and work pressures and moral distress,

Is this service confidential/will it get back to my manager?

If you have contacted us directly (and not through your manager), you don't need to inform your employer that you have used this service. We will only contact your employer if you or others are at risk (this includes those under your care), and will always aim to discuss this with you beforehand. For more information about confidentiality arrangements see [here](#).

Get in touch...

For more information see the [Healthier Together Support Network](#) web pages, where you can also see a handful of staff tell their stories about how they have been affected by and are coping with work since the pandemic hit.

Contact: 0117 342 4740.

<https://bnssghealthiertogether.org.uk/support-network/>

Please use your phone to access the website using the QR code:

