



Resilience Support for clinical staff



Resilience is **important** for a number of reasons; it enables us to develop mechanisms for protection against experiences which could be overwhelming, it helps us to maintain balance in our lives during difficult or stressful periods of time, and can also protect us from the development of some mental health difficulties’.

The MCN for Child Protection have identified within each region groups and contacts that can be accessed by Health care professionals.

Each board has access to occupational services as provided below, but there are also other services available.

Borders; Welcome to Work & Well-Being

Confidential Staff Counselling Service

The counselling service aims to offer a rapid access service where all clients will be offered an appointment within two weeks of contacting the service. **To access the service**, please phone **01896 825982**. You may be asked to speak to one of the Occupational Health Nurses in the first instance. They will assess whether counselling is best suited to your needs and then arrange an appointment accordingly.

Working Health Matters Group For NHS Borders Staff

The counsellors run this group approximately four times a year. This group focuses on *skills to help you cope*, both in the workplace and in your personal life. For further details, please click [here](#).

To book a place or to find out more information contact OHSAdmin@borders.scot.nhs.uk

Community Chaplains Listening Service

Sometimes it helps to talk in confidence, to someone who is outside the situation. Someone who can listen to you and hear your side of the story.

We may not be able to change things but you know you will be heard

Appointments can be made for either the Borders General Hospital or your local Hospital or Health Centre. Please let the Chaplain know where you would like to meet

For an appointment please phone: 01896 826564

Access the Intranet and click on Social Information to find many events there advertised. These vary from Melrose tennis club, 5 a side football, Zumba to local bake sales, quiz nights and quizzes.

Fife: Well at Work - Staff Intranet Pages:

The Well at Work staff intranet section is located on the NHS Fife staff intranet site. You'll find a 'Well at Work' icon on every NHS Fife computer that can take you directly to the 'Well at Work' pages. These pages are dedicated to promoting health and well-being for all staff and you'll find a range of information and advice on health topics on these pages. You will also find information about the various staff health events that run through-out the year.

Mental Health and Stress

NHS Fife /National Support Organisations

Name of Organisation	Description	Contact
NHS Fife	Staff Listening Service: seeks to build resilience and enhance well-being through active listening.	Phone Line: 01592 648158 and ask to speak to the duty Healthcare Chaplain.
NHS Fife	Steps on Stress: A three week course that helps someone look at managing their stress levels.	Website: www.moodcafe.co.uk Phone Line: 01383 565442
NHS Fife	Mood café is a website that have produced and collated information, and practical resources relevant to various common psychological problems.	Website: www.moodcafe.co.uk
NHS Fife	Live Positive – Stress Management Resource Pack. Is available to all staff and	Go to the Well at Work Page for more details about the resource pack.

	managers. This toolkit offers advice, tips and contact numbers for support.	
NHS 24	'Living Life to the Full' offers a guided self-help service for people suffering from low mood, mild to moderate depression and/or anxiety.	Website: www.livinglifetothefull.com Phone Line: 0800 328 9655
Steps for Stress	A website that can provide practical ways to help you deal with stress.	Website: www.stepsforstress.org
Breathing Space	Is a helpline with experienced advisors who will listen and provide information and advice on low mood, depression and anxiety. There is also a website.	Website: www.breathingspacescotland.co.uk Phone Line: 0800 83 85 87
NHS Choices	Is a website that provides tips on how to maintain a healthy mind, where to source support and ways to look after your mental health and well-being.	Website: www.nhs.uk/livewell/mentalhealth
Fife Adult Protection	Is a Fife Council run social work service. You can contact this service if someone is hurting you or treating you badly.	Phone Line: 01383 602200
See Me Scotland	Is a Scottish national campaign website aimed at reducing the stigma and discrimination of mental ill health. The site contains useful resources and information.	Website: www.seemescotland.org.uk

There is a Mindfulness Based Stress Resilience course included in the Playfield Institute training programme;

<http://www.playfieldinstitute.co.uk/training/courses.php>

The Occupational service within NHS Lothian offers health assessment by specialist medical and nursing staff, treatment and rehabilitation advice, immunisation and vaccination. To access support services contact the following:

Lothian: Staff Support and Counselling

Do you need help and support to deal with difficulties in your life or at work? Have you been involved in a critical incident which is causing you problems? The Staff Support & Confidential Counselling Service offers an opportunity to talk in confidence about any problem whether work related or not. Your counsellor will help you identify and think through problems and support you in developing strategies to help you deal with future difficulties. The service is for all NHS Lothian Staff who wish to self refer for short term counselling.

Contact 0131 536 1135 Option 3

Spiritual Care

Hospital chaplains are available to offer experienced, confidential and non-judgemental listening support to staff. Their purpose is through reflective listening and sometimes through faith practice, to offer spiritual care which is concerned to help find meaning and purpose in life and work, and also to help staff members cope with experiences which cause anxiety and distress. Pastoral care is about helping staff members to develop strategies to bring practical problems and life issues towards resolution, sometimes including providing advocacy support when appropriate. The chaplain will make no assumptions and come to no judgements about belief or life circumstances, but rather will work with the person concerned whatever their beliefs or situation may be.

Contact 24 hour, 7-day on-call response: Page 07659 516009.

Activities for staff to access Lothian via the Staff room page on the intranet

<http://intranet.lothian.scot.nhs.uk/StaffRoom/StaffActivities/Pages/>



Edinburgh Police Choir

Kevok Choir

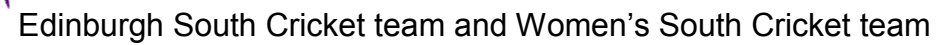
Sing in the City



Painting for relaxation

Still Point Aikido

West Lothian Writers



Five a side Football

Jets Volleyball club

Lismore Ladies Rugby

Netball for all

