



Colleague Support

A guide for Employees



King's Mill Hospital, Mansfield Road,
Sutton in Ashfield Nottinghamshire NG17 4JL
Tel: 01623 622515 Join today: www.sfh-tr.nhs.uk



time to change
let's end mental health discrimination

Healthier Communities,
Outstanding Care

#SFHDEN
Self Care and Well-Being

Internal Support

Vivup Employee Assistance Programme (EAP)

A 24/7, 365 days a year confidential helpline offering support on a number of problems including home, work, financial and health. **Contact 0330 380 0658**

Occupational Health

Occupational Health can provide advice on physical and mental health that may be affecting you at work. Further advice can be obtained by calling the department on **ext 3780**.

Nottinghamshire Health Hub

Nottinghamshire Staff Support Service is an independent confidential service which is available for all colleagues. You can refer yourself or call if you are concerned for a family member or colleague. **0808 196 8886 or notts.staffsupport@nhs.net**

Freedom to Speak Up Guardian / Champions

The Trust is committed to supporting staff to speak up and raise concerns about practice at work, including patient safety, health and safety and fraud. Your dedicated Freedom to Speak Up Guardian, Kerry Bosworth can be contacted on ext 4559. There are also a number of peer champions who support Kerry, based at Newark and King's Mill Hospital

Chaplaincy

Offering a 24/7 confidential, sympathetic non-judgemental listening ear for those of any faith and those who do not have any religious belief. The Chaplaincy also has multi-faith spaces for people to attend. Contact Rev Liz Franklin or Rev **Rodney Warden on ext 2754 / 3047**.

SFH Staff Welfare and Wellbeing

The SFH welfare and wellbeing offer has a range of information and resources to support staff, teams and families. Please use the QR code or link to access this information on the Trust internet site or visit the SFH Den at the Faith Centre in Kings Mill and the Chapel at Newark Hospital. Access to all 4 levels of the SFH welfare and wellbeing offer. <https://bit.ly/SFHWellbeing>

SFH Diversity and Inclusivity Networks

The Trust has a number of networks where staff can raise concerns or get further support including;

BAME Staff Network; **sfh-tr.bme.support@nhs.net**

LGBT Staff Network; **sfh-tr.lgbt.support@nhs.net**

WaND Staff Network; **sfh-tr.disability.support@nhs.net**

External Support

NHS – Our NHS People

An online resource centre for a range of needs, including mental health, bereavement, financial and well-being support. More information can be found at **<https://people.nhs.uk/help/>**.

Samaritans

Whatever you may be going through, Samaritans provide a listening ear 24/7, 365 days a year. Call **116 123** for free or email **jo@samaritans.org**

National Domestic Abuse Helpline / Respect Helpline

24/7, 365 days a year. Non-judgemental support for survivors of domestic abuse, in order to increase your safety and empower you to understand your options.

For female survivors of domestic abuse contact the **National Domestic Abuse Helpline on 0808 2000 237 or chat live via their website**.

For male survivors of domestic abuse contact the **Respect Helpline on 0808 8010327 or via their live webchat service**.

LGBTQ Foundation

The LGBT Foundation support people who identify as lesbian, gay, bisexual and trans. Whatever your needs, the foundation are able to support. **They can be contacted on 03453 30 30 30, or email info@lgbt.foundation**

Liberate Meditation

Liberate has partnered with the NHS to offer a meditation app for POC / BAME Communities. The app aims to help reduce anxiety, alleviate stress and promote rest. Liberate can be downloaded on your mobile's app store. More information can be found at **<https://people.nhs.uk/help/support-apps/liberate-meditation/>**

Citizen's Advice

Can provide free, confidential advice on work, money, legal, housing, family, consumer and other problems. They can be contacted on 0800 144 8848 or at **<https://www.citizensadvice.org.uk/>**, where you can search for your local Citizen's Advice details.

Scope

The Disability Equality Charity who can provide practical information and emotional support for people with disabilities, or caring for people with disabilities. They can be contacted on **0808 800 3333 or www.scope.org.uk**.