

# Support for Staff

## Emotional Wellbeing and Mental Health Support

### Urgent or Emergency support

If you are feeling extremely distressed, despairing or suicidal and need immediate support.  
24 hours, 7 days a week



**Dorset Connection**  
**0800 652 0190**

Crisis helpline for mental health advice and support. Also for friends or family members

Care first

**Care First**  
**0800 174 319**

Confidential crisis support for all UHD staff

SAMARITANS

**Samaritans**  
**116 123**

Crisis support to anyone in emotional distress, struggling to cope, feeling suicidal.

shout  
85258

**Shout**  
**85258**

Free, confidential, anonymous text support service. Text the word 'SHOUT' to 85258.



**Contact Your GP**  
**Phone your GP Surgery or call**  
**111**

Request an emergency appointment



**Stay Alive**

Suicide prevention app containing information and tools to help you stay safe in crisis.

<https://www.stayalive.app>



## Emotional and Mental Health Support

If you are feeling stressed, overwhelmed or struggling with your mental health and want counselling or specialist support



### UHD Psychological Support and Counselling Service

0300 019 4217

[occupationalhealth@uhd.nhs.uk](mailto:occupationalhealth@uhd.nhs.uk)

Go to Occupational Health on the intranet and refer yourself

Confidential support for all staff struggling with stress or mental health including: coping skills; counselling; self-help, signposting and referral to specialist support services.

<https://intranet.rbch.nhs.uk/index.php/occupational-health/forms>

#### Steps2Wellbeing



Psychological therapies for mental health such as depression, anxiety and stress as well as bereavement and long-term health conditions.



<https://www.steps2wellbeing.co.uk>

#### Care first

0800 174 319

Care first

Confidential 24/7 workplace support including counselling, free for all staff.

#### Our Dorset

01202 130 130



Wellbeing and mental health support including counselling, psychological therapy, coaching and physiotherapy.



<https://joinourdorset.nhs.uk/wellbeing>

#### Sleepstation



A clinically validated online sleep improvement programme.  
Free to access for UHD staff.



<https://www.sleepstation.org.uk/university-hospitals-dorset/start-now>



### RCN

0345 772 6100

Confidential support, assistance and counselling free for RCN members.

<https://www.rcn.org.uk/get-help/member-support-services>



### BMA

0330 123 1245

Confidential 24/7 counselling and peer support free for all doctors, medical students and their families regardless of BMA membership.

<https://www.bma.org.uk/advice-and-support/your-wellbeing>



DocHealth

### DocHealth

020 7383 6533

Confidential, not for profit, psychotherapeutic consultation service for all doctors.

<https://www.dochealth.org.uk>



### Deaf 4 Deaf

Deaf mental health services including counselling and psychotherapy.

<https://www.deaf4deaf.com>



### Butterflies Bereavement Counselling

02381 550 066

[info@butterfliesbereavement.co.uk](mailto:info@butterfliesbereavement.co.uk)

Bereavement counselling and support service. Free to access for anyone.

<https://www.butterfliesbereavement.co.uk>



### Be Mindful

Clinically proven, NHS assessed and approved 4-week online mindfulness course for improved mental health.

Cost is £40.

<https://www.bemindfulonline.com>



**\_able  
futures**

**Able Futures**  
**0800 321 3137**



9 months of free advice and guidance  
from a mental health professional able  
to work with you and your employer.

<https://able-futures.co.uk>

**Remploy**

Putting ability first

**Remploy**

**0300 456 8110**



Confidential mental health support  
free for all employees affected at  
work.

<https://www.remploy.co.uk>

## Listening Support

If you are feeling worried, anxious or upset and want to talk to someone for emotional support

### Mental Health First Aiders



To access go to **Mental Health First Aid**  
on the intranet

Staff like you across UHD available to discuss your mental health and help you access support if you need it.

<https://intranet.uhd.nhs.uk/index.php/mhfa>

### Care first

#### Care first

**0800 174 319**

Confidential 24/7 workplace support including a listening service, free for all staff.

### Freedom to Speak up



To access go to **Freedom to Speak Up**  
on the intranet

Confidential advice for any work-related concerns that cannot be resolved with your manager.

<https://intranet.uhd.nhs.uk/index.php/fts>

### Nurse Lifeline

**0808 801 0455**

Confidential listening service Monday to Friday 7pm-11pm free for all nurses, midwives, HCAs, students and their families.



<https://www.nurselifeline.org.uk>

### Hospice UK

**0300 303 4433**

Bereavement support line for all NHS staff.  
8am – 8pm 7 days a week.



### Menopause Support

Telephone and video support, training, resources and a support network.



<https://menopausesupport.co.uk>