



Health and wellbeing support

Click each button to learn more

Urgent or emergency support services



0800 652 0190

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



116 123

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



Phone your GP surgery or visit 111.nhs.uk

Request an emergency appointment.



Text 'SHOUT' to 85258

Free, confidential, anonymous text support service providing crisis support.



www.stayalive.app

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

Coaching, courses, counselling and therapies



Psychological Support
and Counselling Service

UHD
service

Confidential assessment, intervention, referral, and signposting. Staff must refer themselves using [this form](#).

steps2wellbeing
Southampton & Dorset

Psychological therapies for mental health conditions such as depression, anxiety and stress.



You First are an independent charity offering support for a range of difficulties including mental health, domestic abuse, sexual violence and stalking.

Call 01329 823 930

Mental and physical health at work



Up to nine months of free support, guidance and advice from a mental health professional.

Call 0800 321 3137

[Or apply online.](#)



Free listening service for nurses, midwives, healthcare support workers and experienced students. Space to offload with someone who gets it.

Call 0808 801 0455



Free 24/7 counselling and support. Open to doctors and medical students regardless of BMA membership.

Call 0330 123 1245

[Or apply online](#)



Our Employee Assistance Programme. Impartial, confidential advice from qualified counsellors.

Call their 24/7 helpline on 03303 800658



Free RCN counselling provides members with therapy from experienced counsellors who are sensitive to the needs of cultural minority groups.

Call 0345 772 6100



A wellbeing app co-designed by NHS staff. The app is free for nurses, professional nursing advocates, midwives and health care support workers.



UHD service

If you have a concern and you are unable to resolve it with your line manager, FTSU offers confidential advice.
Call 0300 019 4220

Human resources

UHD service

The UHD human resources team can offer support with reasonable adjustments, flexible working, stress risk assessments and more.

Staff physiotherapy service

UHD service

Run specifically for staff members providing specialist assessment and treatment.
[Self refer online.](#)

Working safely with display screen equipment

UHD service

Guidance on setting up workstations for the office and at home.



UHD service

Health and wellbeing champions

Each team should have at least one health and wellbeing champion.

Occupational health

UHD service

Provide you with the highest standards of professional care and protect and promote your health and wellbeing.

Staying hydrated

Learn how to get enough fluids every day to stay hydrated.

TRiM

UHD service

A peer led process to identify staff who are struggling following a traumatic event at work.

Health Passport



UHD service

Allows you to disclose information about any disability, in a supportive and confidential setting, leading to reasonable adjustments to ensure your safety and wellbeing at work.

Domestic abuse and safeguarding



Domestic abuse support

UHD has domestic abuse health advocates. Search 'domestic abuse' on the intranet for details.



Safeguarding adults

Visit the UHD safeguarding pages for more information on protecting vulnerable adults who are at risk and need support.

Carers



Expert support for unpaid carers including financial support, practical support, and work, career and health advice.
Call 0808 808 7777
Email advice@carersuk.org

Addiction



Free help and advice including access to coaching, local groups and resources to help you live a healthier life.
Stop smoking, drink less, manage weight, move more.



Free confidential support and advice on drug or alcohol use if you are worried about yourself or someone else.
Call 01202 558 855
[Fill out an online referral form](#)



Reach can help you regain control of your life, by building on your strengths and supporting you to make healthy changes.
Call 0800 043 4656



[Find a meeting near you](#)

Call the helpline on
0800 9177 650



[Find a meeting near you](#)

Call the helpline on
0800 0086 811

Bereavement support



Low cost counselling for anyone that has experienced loss or bereavement.
Call 023 8155 0066



Dedicated team providing emotional support to anyone affected by grief.
Call 0808 808 1677



Resources, live chat with a counsellor and support groups for bereaved people.



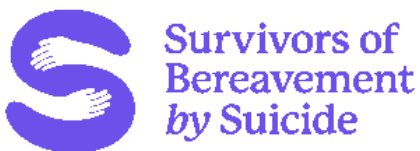
The Good Grief Trust has a choice of 1000 + charities and tailored local and national support services under one umbrella.



Dorset Open Door

Dorset Open Door supports people who have been bereaved or affected by a death where the cause may be suicide or be particularly traumatic or sudden.

Bereavement by suicide



Peer led support groups, virtual support groups, online community forum and email support.
Helpline: 0300 111 5065

Pregnancy loss



Speak to a midwife about your pregnancy or for support / advice for pregnancy loss.
Call 0800 014 7800



Free support for parents or relatives experiencing baby loss, at any stage. Funded by UHD Charity.

Death of a baby

Support for bereaved children



National helpline which provides a safe, confidential place for anyone affected by the death of a baby.

Call 0808 164 3332

Support for bereaved children in Dorset, including preparing for bereavement such as a parent with a terminal illness.

Financial wellbeing



Resources, links and information on financial wellbeing support.



Community food support including food banks, pantries, social supermarkets and community fridges.



A national charity providing practical help to people who are struggling financially.



Impartial guidance on debts, credit questions and managing your money. NHS telephone support: **0800 448 0826**
WhatsApp: **07701342744**



Trusted advice on work, debt and money, housing, immigration, health and more.
Call 0808 2787 939

General wellbeing

UHD
service

Chaplaincy team

Our chaplaincy team are here to provide a friendly listening ear and offer support.

Email uhd.chaplains@nhs.net or call the team on

RBH: 4221

XCH: 5111

Poole: 2167

UHD
service



Our UHD library services have a huge range of wellbeing related books and guides.

UHD
service

We are
#TeamUHD

Our staff networks offer fantastic peer support.

UHD
service

Thrive Live

A library of resources and talks to empower you to prioritise self-care and support one another.



#HelpAndKindness

Make and support connections between people and health and wellbeing services across Dorset.

UHD
service

BeActive

Tips, advice and resources to help you get up and get moving.

help & care

Support for people living with long-term health conditions, carers and those who are isolated or housebound.

Call 0300 111 3303



ANDYS MAN CLUB

A men's suicide prevention charity, offering free peer-to-peer support groups across the UK and online.