

# Thrive wellbeing

## Health and wellbeing support

Click each button to learn more

### Urgent or emergency support services



**Dorset Connection**

**0800 652 0190**

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

**SAMARITANS**

**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.

**shout**  
**85258**

here for you 24/7

**Text 'SHOUT' to 85258**

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



**Stay Alive**

**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.



Health and wellbeing resources, coaching and support for individuals and teams working in Primary Care Networks and Care Provider Workforce.



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**



Be Mindful  
Online Mindfulness Course

An online Mindfulness Based Cognitive Therapy (MBCT) course proven to significantly reduce level of stress, anxiety and depression. The cost of this course is £40.

### Mental and physical health at work

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futures

Up to nine months of free support, guidance and advice from a mental health professional.  
**Call 0800 321 3137**  
[Or apply online.](#)



NURSE  
LIFELINE

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](#)

### Care first

Free 24/7 workplace support service offering help and advice for health and wellbeing, emotional worries, work concerns and finances.  
**Call 0800 174 319**



Free RCN counselling provides members with therapy from experienced counsellors who are sensitive to the needs of cultural minority groups.  
**Call 0345 772 6100**

### Health Passport



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.

UHD  
service

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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

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

UHD  
service

### Staff physiotherapy service

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

UHD  
service

### Working safely with display screen equipment

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

UHD  
service

### Mediation

Trained mediators who work with conflicting parties to find a resolution.

UHD  
service

### Courageous conversations workshop

Learn techniques for managing tricky conversations with colleagues.

UHD  
service

### Staying hydrated

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

### TRiM

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

### Occupational health

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

Domestic abuse and safeguarding

Bereavement support



**Domestic abuse support**

To talk to our UHD domestic abuse health advocates email [emily.briston@uhd.nhs.uk](mailto:emily.briston@uhd.nhs.uk) [harley.brett@uhd.nhs.uk](mailto:harley.brett@uhd.nhs.uk)



**Safeguarding adults**

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




**Staff bereavement support group**

Support following bereavement and loss. Email [StaffBereavementGroup@uhd.nhs.uk](mailto:StaffBereavementGroup@uhd.nhs.uk).

Carers

Addiction



Expert support for unpaid carers including financial support, practical support, and work, career and health advice.  
**Call 0808 808 7777**  
 Email [advice@carersuk.org](mailto:advice@carersuk.org)



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**

Financial and general wellbeing

**Financial wellbeing**

Resources, links and information on financial wellbeing support.



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

**Sleepstation**

Experts help you identify the underlying causes of your sleep problem and provide personal support. Free for UHD staff.

**Chaplaincy team**

UHD service

Our chaplaincy team are here to provide a friendly listening ear and offer support. Email [chaplaincy@uhd.nhs.uk](mailto:chaplaincy@uhd.nhs.uk)



UHD service

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



UHD service

Our staff networks offer fantastic peer support.



**Health and wellbeing champions**

UHD service

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

**BeActive**

UHD service

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



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



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



Support for people living with long-term health conditions, carers and those who are isolated or housebound.  
Call 0300 111 3303



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