

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



UHD
service

Psychological Support
and Counselling 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



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



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](#)



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

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



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.

Staff physiotherapy service

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

Working safely with display screen equipment

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

Mediation

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

Courageous conversations workshop

Learn techniques for managing tricky conversations with colleagues.

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.

UHD service

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Domestic abuse and safeguarding

UHD
service

Domestic abuse support

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

UHD
service

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.

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. Based at St Mary's maternity unit.

Death of a baby



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



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

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



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