

Support your mental wellbeing: how are you?



University Hospitals Sussex
NHS Foundation Trust

LOW MOOD?

Line Manager Support

- Schedule regular 121 check in's with your manager to let them know how you are feeling and what support you need at work.

Online Resources & Tools

- **Vivup** – MyMindPal App and e-booklets
www.vivupbenefits.co.uk
- **Liggy Webb** Webinars
[Managing stress, relaxation and energy](#)
- **Liggy Webb** Bitesize
[Wellbeing Booklets Online Library](#)

Health and wellbeing Website

Support services and network groups
www.uhsussex.nhs.uk/wellbeing

Occupational Health

RSCH/PRH:
uhsussex.OH.Enquiry@nhs.net
01273 696 955
Ext. 64011

WGH/SRH/SLH:
Optima Health - 01327 810269

Confidential Listening Service

RSCH/PRH: Connections uhsussex.connection@nhs.net
SRH/WGH/SLH: Listening Ear uhsussex.staffhealth@nhs.net

STRESS/ANXIETY?

Staff Psychological Support Service

(formally known as The Staff Counselling Service / HELP)
Available to staff - free, confidential:

- One-to-one counselling
- Psychotherapy
- EMDR (Eye Movement Desensitisation & Reprocessing)
- CBT (Cognitive Behaviour Therapy)

RSCH/PRH: ext. 63692

WGH/SRH/SLH: ext. 31624 SRH ext. 85356 WGH

24/7 Telephone & Online Support

Vivup - 24/7 telephone service
Call 0330 380 0658 or,
visit [External Support Services](#) for self-help tools,
podcasts, debt advice and more

Policies and Employee Relations Helpline

- Health, Wellbeing and Attendance at Work Policy
- Flexible Working Policy
- Health & Wellbeing Checklist
- Complete a Stress Questionnaire
- [Raising concerns](#)
- Managers' Mental Health Guidance
- Call the People Advisory Team helpline:
RSCH/PRH: ext. 67611
SRH/WGH/SLH: ext. 85722

Spiritual Care

Chaplaincy team is available to advise, support and assist people of no particular religious faith.

- Call ext. 64122 RSCH
- Call ext. 68232 PRH
- Call ext. 35380 SRH
- Call ext. 84004 WGH

NEED IMMEDIATE ASSISTANCE?

24/7 Telephone & Online Support

Vivup - 24/7 telephone service
0330 380 0658 or access:

RSCH/PRH: vivup.tercltd.co.uk/?CODE=103778
WGH/SRH/SLH: vivup.tercltd.co.uk/?CODE=103806

Mental Health Liaison via the Emergency Department

Talk to a member of our Mental Health Liaison Team based onsite at our Emergency Departments.

RSCH/PRH: Call ext. 64248
WGH/SRH/SLH: Call ext. 85252

Mental Health Rapid Response Service:

Will assess and refer to community / crisis / or emergency department.

Brighton and Hove: 0300 304 0078
East and West Sussex: 0800 0309 500

Samaritans

FREEPHONE 116 123 or 0845 90 90 90

You do not need to be suicidal to call
A voice on the end of the phone, to connect with,
can be supportive and reassuring.