Arrangements to support staff mental health & wellbeing

A programme of staff support has been developed in response to the COVID-19 pandemic. Find out what is available to you.

• Offering Café Space, Active Space and Quiet Space
• Message & information boards
• Open 24/7 at Queen Elizabeth University Hospital, Glasgow Royal Infirmary, Royal Alexandra Hospital and Inverclyde Royal Hospital.
• Additional hubs are being planned for Gartnavel General Hospital and Vale of Leven Hospital.

Visit: www.nhsggc.org.uk/covid19/moneyworries

• Staffed by Clinical Psychologists and Psychological Therapists
• Call 0141 303 8968 Mon to Fri, 8am - 6pm

Visit: www.nhsggc.org.uk/staffhealth/mindfulness

• Non-denominational pastoral care
• Call 0141 201 1100 and ask for the chaplain on-call. 7 days, 9am - 10pm

• ‘Listening ear’ service
• Call 0141 201 0600 Mon to Fri, 8am - 6pm

Visit: www.nhsggc.org.uk/covid19/staffsupport

For further information visit www.nhsggc.org.uk/covid19/staffsupport

SERVICES ARE AVAILABLE TO:

- All health and social care staff and public
- All health and social care staff
- All acute/hospital-based staff

Money & Debt Advice

COVID-19 Staff Support Line for all Health and Social Care Staff

Mindfulness Based Stress Reduction (MBSR)

Occupational Health Counselling Service

Going Home Checklist

Staff Relaxation & Recuperation (R&R) Hubs

Chaplaincy Service

Acute Psychology Staff Support Service (APSSS)

In ward areas, NHSGGC website and Social Media