

A new wellbeing service for staff

For all health and care staff in Bristol, North Somerset and South Gloucestershire

In response to the enormous impact of the COVID-19 pandemic, we are launching a new wellbeing service for all health and social care staff in our area. Called the 'Healthier Together Support Network', there will be a phased introduction to our services (see below) from June 2021.

What we offer

Staff can contact us for help with any stresses caused by or impacting their work. Our service will provide access to assessment and brief psychological support, psychological skills training and facilitated sessions for leadership teams. We can also guide people to the most relevant self help resources and local services – including culturally sensitive counselling services and employers' own wellbeing teams. To see how our service works, see overleaf.

Who we are

Funded by national government, the service is being run by a team of local clinical psychologists:



Dr Sadie Thomas-Unsworth, Consultant Clinical Psychologist & Clinical Lead



Dr Sangeeta Sawlani Ramos, Principal Clinical Psychologist



Michelle O'Keefe, Principal Clinical Psychologist



Sarah Densham, Clinical Psychologist



Professor Ingram Wright, Consultant Clinical Psychologist and Advisor

What is Healthier Together?

This is a partnership of health and care employers in Bristol, North Somerset and South Gloucestershire:

Primary Care:

All GP practices, dentists, community pharmacists and opticians (*psychological services available to Brisdoc and One Care from July and to all primary care partners from October)

Secondary Care:

North Bristol Trust and University Hospitals Bristol and Weston

Community Care:

Sirona care & health

Mental Health Care:

Avon and Wiltshire Mental Health Partnership

Adult Social Care via:

North Somerset, South Gloucestershire & Bristol Councils and Care & Support West

What is the Support Network offering?

	Training and facilitated meetings for leaders	Quick guide triage tool	Psychological service and call back service
Primary Care:	From June 1	Coming soon	From June 14
Secondary Care:	From June 1	Coming soon	From June 14
Community Care:	From June 1	Coming soon	From June 14
Mental Health Care:	From June 1	Coming soon	From October 1
Adult Social Care via:	From June 1	Coming soon	From October 1

How do I get help for me or my team?

I want to
Explore my options

(Please note: if your employer already offers a full wellbeing service, they are likely to be best-placed to help you)

Call back service

Talk to someone in our team who can explain how our service works. To book a call, leave a message on **0117 342 4740**.

Quick Guide/triage

Complete our online questionnaire to jump quickly to the most relevant support.

Browse the Support Network website

See range of training options and self help guides available on the Healthier Together Support Network pages.

I want to book an
Assessment / Consultation

Book an assessment through the referral form on the Support Network website
Book a consultation on **0117 342 4740**

Assessments (for individuals)

An hour session with a psychologist to understand what is going on for you and establish the best course of action.

Consultations (for managers)

A planning session to discuss your team's needs and how our service can support you.

Personal action plan

Could include one or a combination of:

Preceded by assessment/consultation

Psychological support

Telephone, online or in-person

- **Longer course of therapy:** Up to twelve 1:2:1 sessions for staff affected by work-place trauma.
- **Brief course of therapy:** Up to three sessions to help make sense of your situation and put coping strategies in place.
- **Referral to alternative services:** It may be another service is the best route for you – we will recommend the options.
- **Facilitated meetings (leadership teams):** We can join a meeting to help you create space to take stock and plan ways to support staff wellbeing in the future.

Training and awareness

Online and in person

- **Webinars (book through our website pages – see calendar):** We are hosting a series of online discussions, each focussed on specific issues health and care teams are facing.
- **Psychological skills training:** Caring for ourselves to care for others: An introduction to acceptance and commitment therapy and how it can be applied to support wellbeing.
- **Compassionate leadership training:** Enhance your skills as a leader by building your emotional awareness.

Self help

Digital content and apps

- **Wellbeing explainers:** See our bite-sized sessions for advice on some of the most common challenges affecting our health and wellbeing.
- **Self help guides:** We pick out the best of the very wide range of websites and apps designed to support your emotional, physical and financial health.

Healthier Together

Support Network

0117 342 4740