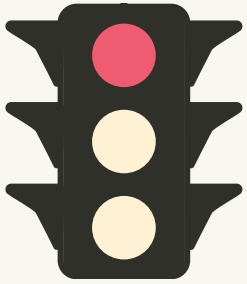


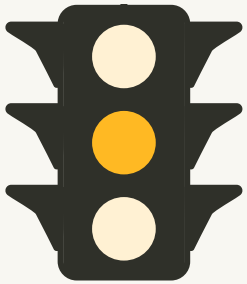
Emotional health and wellbeing support



STOP

- **Specialist Mental Health referrals through Occupational Health:** ext. 3352
- **Specialist team development support:** Leadership@porthosp.nhs.uk
- **Critical Incident Stress Management:** CISM@porthosp.nhs.uk or ext. 3352
- **Employee Assistance Programme:** 0800 174319 or www.carefirst-lifestyle.co.uk using the username 'Portsmouth' and password 'Employee'
- **Samaritans:** 116 123 or www.Samaritans.org

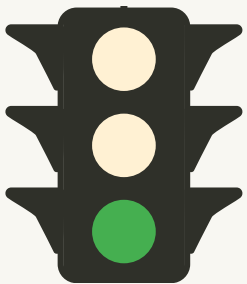
"I feel disconnected, even from colleagues or I am unable to stop thinking about work."



CAUTION

- **Employee Assistance Programme:** 0800 174319 or www.carefirst-lifestyle.co.uk using the username 'Portsmouth' and password 'Employee'
- **iTalk (Hampshire):** 02380 383920 or www.italk.org.uk
- **Talking Change (Portsmouth):** 0300 123 3934 or www.talkingchange.nhs.uk
- **Mental Health Support through Occupational Health:** ext. 3352
- **Hampshire and Isle of Wight Staff Support Hub:** search www.hiowstaff.nhs.uk or email hello@HLOWstaff.nhs.uk for further support
- **Critical Incident Stress Management:** CISM@porthosp.nhs.uk or call ext. 3352
- **Our NHS People:** 0300 131 7000 or text 'frontline' to 85258

"I feel withdrawn or like I haven't done enough, I sometimes feel sad or tearful or forget to look after myself."



GO

- **Wellbeing conversation with your line manager**
- **Care First Zest - wellbeing platform:** visit nhsporthmouth-carefirstzest.revitalised-app.co.uk and use code NHSP01 to sign up
- **Oasis Wellness Centre**
- **Leadership Support Circles:** leadership@porthosp.nhs.uk to book
- **Facilitated Team Discussions:** book via Manager Support line ext. 5356
- **Wellbeing at work apps:** www.nhs.uk/apps-library
- **Wellbeing intranet page:** www.porthosp.nhs.uk/wellbeing

"I want to ensure that I maintain my wellbeing."

Eat healthy food and drink water

Take regular breaks

Keep active