



MENTAL & EMOTIONAL SUPPORT



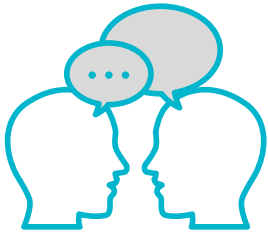
There are a range of wellbeing resources available to staff. These include:



Team Time - Virtual reflective space from Point of Care Foundation, similar to Schwartz Rounds - requests made via Charlotte.mccabe@belfasttrust.hscni.net



In-house Team workshops - with a focus on coping with uncertainty and anxiety during Covid-19, using an Emotional regulation/compassion focused approach - Contact psychologicalsupport@belfasttrust.hscni.net



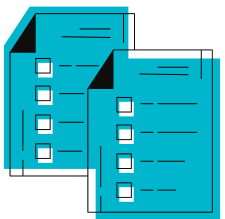
#SPACESFORLISTENING / CARESPACES - Time out for staff to have conversations about their days and about their self care. Initial training delivered by Psychology which Team Leads/Education leads can then use. Contact: psychologicalsupport@belfasttrust.hscni.net



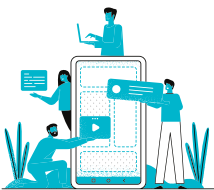
Team Support Framework - Availability of flexible, virtual and bespoke team support. Contact: Brendan.mcconaghy@belfasttrust.hscni.net



Further Support from Psychology Team - A range of drop in clinics, bookable appointments and attendance at staff meetings are available. Contact: psychologicalsupport@belfasttrust.hscni.net



Supporting you & your Family's Psychological Wellbeing Resource Pack available on wards and staff areas or you can request from psychologicalsupport@belfasttrust.hscni.net



Individual Psychological Support via management referral to Occupational Health. See useful contacts.

Scan the QR code to access the Staff Psychological Wellbeing Guide

