



# USEFUL CONTACTS

## YOUR LINE MANAGER SHOULD BE YOUR FIRST POINT OF CONTACT

### Occupational Health Service (Staff Only)

**Covid-19 Advice Line: (028) 90630010**  
Queries relating to the personal health of your or your staff

**Help Desk: (028) 95040401**  
Urgent enquiries only

### Psychological Support Helpline (Staff Only)

**Helpline: (028) 96151888**  
Supporting the psychological wellbeing of staff during Covid-19

### Pregnancy Covid-19 Advice Line

**Maternity Service Information Line: (028) 96151173**  
Advice for pregnant women and pregnant staff  
Advice for managers undertaking risk assessments

### HR Helpline (Staff Only)

**General Enquiries: (028) 96159615**  
**Employment Enquiries:**  
**AskHRCOVID19@belfasttrust.hscni.net**

### **Support for Parents Parenting NI**

**[www.parentingni.org/](http://www.parentingni.org/)**

### **Relationship & Family Counselling**

**<http://www.relateni.org/>**

### **Domestic Abuse**

**BHSCT Domestic & Sexual Abuse & Violence Helpline for Staff Tel: 028 95048667**

**NI Domestic & Sexual Abuse Helpline Tel: 0808 8021414**

### **Financial Support**

**[bwellbelfast.hscni.net/b-financially-well/](http://bwellbelfast.hscni.net/b-financially-well/)**

### **Bereavement Heather Russell,**

**Bereavement Coordinator**

**[heather.russell@belfasttrust.hscni.net](mailto:heather.russell@belfasttrust.hscni.net)**

**Tel: 028 96155473**

### **Belfast Recovery College**

**[belfasttrust.hscni.net/service/belfast-recovery-college/](http://belfasttrust.hscni.net/service/belfast-recovery-college/)**

**Chaplaincy Service Tel: 028 96150182 or 028 96150183**

**Trade Unions Tel: 02896156340**

**Ray Rafferty, Staff Side Chair Tel: 02896156160**

## INDIVIDUAL PSYCHOLOGICAL SUPPORT

**Psychological Wellbeing Support Phonenumber:**

**028 9615 1888**

**Individual Counselling Support Self Referral Phonenumber:**

**08007313674**

**Staff Care: 0800 731367**

