

Wellbeing Resources and Support Services Available for Staff

NHS Lothian Staff Support Services

| Service | Description | How to Access |
|----------------------------------|---|--|
| Here 4 You | Free, confidential wellbeing & psychological support. | Email here4u@nhslothian.scot.nhs.uk or phone 0131 451 7445. |
| Peer Support Service | Immediate, short-term support. Not a counselling service. | Email PeerSupport@nhslothian.scot.nhs.uk |
| Staff Counselling Service | Free, confidential space to make sense of how you are feeling and how it is affecting you. | Email OHSCS@nhslothian.scot.nhs.uk with the subject line 'Self-Referral'. |
| Staff Listening Service | Confidential support from a member of the Spiritual Care Team. | Phone 0131 242 1990 (Ext: 21990)/ 07888 998 084. |
| Wellness Coaching | Safe space to explore your health and wellness, and to help you develop sustainable strategies to support this. | Email coaching@nhslothian.scot.nhs.uk using 'Wellness Coaching' as the subject title. |

Support Services in the Community

Emergency Mental Health Support

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| www.eastspace.org.uk (East Lothian Services) | Breathing Space Freephone 0800 83 85 87. |
| www.ithriveedinburgh.org.uk (Edinburgh City Services) | Edinburgh Crisis Centre Freephone 0808 801 0414 or text 0797 442 9075. |
| www.midspace.co.uk (Midlothian Services) | Edinburgh Samaritans Freephone 116 123 or call 0330 094 5717. |
| www.westspace.org.uk (West Lothian Services) | NHS 24 Phone 111. |

Self-Help Websites

Recommended Phone Apps

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| Centre for clinical interventions –Looking after yourself www.cci.health.wa.gov.au/Resources/Looking-After-Yourself | Calm For mood, stress and sleep. |
| Living life to the full www.llttf.com | Daylight For anxiety. |
| Try Daylight www.trydaylight.com | Happify For mood. |
| National wellbeing hub www.wellbeinghub.scot | Headspace For mood, stress and sleep. |
| Lothian Wellbeing www.wellbeinglothian.scot | Sleepio For sleep. |
| | Smiling Mind Meditation and mindfulness. |

Please know

- This is a curated list of resources
- There are likely to be more resources available
- Consider visiting the [NHS Lothian Staff Health and Wellbeing](#) pages including
 - [Mental wellbeing support](#) services
 - [Staff support](#) services
 - [Financial wellbeing](#) services

Please remember

- You can access these services, even if your worries or problems are not related to work
- You do not have to do this alone