

WHERE CAN I GET HELP?



scan or click the link
INFORMATION SHEET

OCCUPATIONAL HEALTH

Go Health Services Wellbeing Hub:
Time-limited counselling, CBT, and
Psychology sessions for staff experiencing
personal or professional difficulties which
may impact their workplace functioning
PHONE: 01224 (5)55749



scan or click the link
ONLINE REFERRAL

This page provides a small selection
of where you can contact if you are
looking for support. For more options,
or further information on support
available to you, have a look at our
'staff in distress' sheet

INDIVIDUAL SUPPORT



NHS 24 MENTAL HEALTH HUB

for urgent mental
health assessment and
support 24/7 **PHONE: 111**

CHAPLAINCY SERVICE

Confidential and
independent support
from skilled listener
Chaplains who can
assist in reflection and
coping strategies **PHONE: 01224 553316**
FOR OUT OF HOURS, CALL THE
SWITCHBOARD AND PAGE
880349

TEAM-BASED PSYCHOLOGICAL SUPPORT

support for teams in
Acute, available
through part-time
psychologists **RACH / W&C**
gram.paediatric-psychology@nhs.scot
ARI
gram.support.acute@nhs.scot

TEAM SUPPORT



PRACTITIONER SUPPORT SESSIONS

NHS Practitioner Health and the
Workforce Specialist Service (WSS).
Offering telephone/ video consultations
for health and social care staff with
professional registration. A confidential
and multidisciplinary mental health
treatment service



scan or click the link
WSS WEBPAGE

THE LISTENING SERVICE

A safe, confidential space, free
from judgement, by trained
listeners, to allow you the space
to be seen, heard, and process
what is going on for you

EMAIL:
gram.listening@nhs.scot



scan or click the link
WHERE TO ACCESS

NATIONAL WELLBEING HELPLINE

for everyone working in health and
social care services, 24/7
PHONE: 0800 111 4191

VALUES-BASED REFLECTIVE PRACTICE

A regular form of support either in-
person or via teams. Offering
practical tools to support staff to
be able to deliver the care they
came into the service to provide.
Small group sessions, guided by a
trained facilitator.

CONTACT JUNE GORDON

june.gordon@nhs.scot

01224 (5)52219

07584217188

WE CARE

...because you care

Dec'25 V5



Aberdeen City Health &
Social Care Partnership
A caring partnership

