

# WHERE CAN I GET HELP?

## STAFF IN DISTRESS SHEET

Scan the QR Code or click the underlined link



INFORMATION SHEET

## 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 provided as part of the National Wellbeing Hub.

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WSS WEBPAGE

## SPIRITUAL CARE

Confidential and independent support from Chaplains who are skilled in reflection and exploring coping strategies.

PHONE: 01224 (5)53316

FOR OUT OF HOURS, CALL  
THE SWITCHBOARD  
available 08:30-20:30

## 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) 53 663

EMAIL: [gram.ohs@nhs.scot](mailto:gram.ohs@nhs.scot)

Scan the QR  
Code or click the  
underlined link



ONLINE REFERRAL

## NHS 24 MENTAL HEALTH HUB

For urgent mental health assessment and support 24/7

PHONE: 111

## VALUES-BASED REFLECTIVE PRACTICE

A regular form of support either in-person or virtually. Offering practical tools to support staff to be able to deliver the care they came into the service to provide. A safe and confidential space in the form of small group sessions or as 1:1's, guided by a trained facilitator.

CONTACT JUNE GORDON

PHONE: 01224 (5)52219 EMAIL: [JUNE.GORDON@NHS.SCOT](mailto:JUNE.GORDON@NHS.SCOT)

## PSYCHOLOGICAL SUPPORT FOR TEAMS

Psychological support for teams can be available and should be requested through team lead/manager by contacting

EMAIL: [OLUMUREWA.AKINTOLA@NHS.SCOT](mailto:OLUMUREWA.AKINTOLA@NHS.SCOT)  
[JULIE.STEPHEN5@NHS.SCOT](mailto:JULIE.STEPHEN5@NHS.SCOT)

## TRAUMA SUPPORT MANAGEMENT (TRiM)

specialist support for staff members or teams who have witnessed or been involved in a potentially traumatic incident.

Email  
[gram.trim@nhs.scot](mailto:gram.trim@nhs.scot)

## NATIONAL WELLBEING HELPLINE

For everyone working within Health and Social Care services

PHONE: 0800 111 4191

**WE CARE**

V8 JAN'26 ...because you care



Aberdeen City Health & Social Care Partnership  
*A caring partnership*

