

WHERE CAN I GET HELP?

STAFF IN DISTRESS SHEET

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

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.

Scan the QR Code or click the underlined link



[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

Scan the QR Code or click the underlined link



[ONLINE REFERRAL](#)

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

NHS 24 MENTAL HEALTH HUB

For urgent mental health assessment and support 24/7

PHONE: 111

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
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

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

