

Stepped Approach - Support for CCS Staff

We're in the midst of unprecedented challenge and at times extreme stress. Being NHS workers doesn't make us immune to normal human reactions and emotion.

Support will mean different things at different times as we go through our own journey. Use the pyramid to identify the support you need and follow the links.

For the full Stepped Approach and more information visit www.cambscommunityservices.nhs.uk/staff-health-and-wellbeing

Psychological consultation for teams, services, organisations coscovid psychonsult@nhs.net

CCS individual or team coaching

Wellbeing support services

Samaritans 116 123
Staff counselling 0800 031 4549
Bedfordshire Wellbeing Support 01234 880400
Norfolk & Suffolk Wellbeing Support 0300 123 1335
Cambridgeshire Wellbeing Support 0300 300 0055

Free confidential NHS staff helpline: call 0300 131 7000 (7am – 11pm any day) or Text FRONTLINE to 85258 any time

Online personal resilience / wellbeing information www.nhs.uk/onevou/every-mind-matters/your-mind-plan-quiz/

For information on safety, PPE, food, remote-working etc.

https://nww.cambscommunityservices.nhs.uk/the-ccs-community/support-services/infection-prevention-and-control/coronavirus