

Appendix 6

Stepped Approach - Support for CCS Staff

We are in the midst of a significant global challenge. At times of extreme stress it is normal to experience a range of different responses and for these experiences to impact our work life. Being NHS workers does not make us immune to these normal reactions. Our work life is directly impacted and it may impact our personal coping and resilience.

It is ok for us to find it challenging.



There is a CCS Trust work-group seeking to offer a structured support system to all staff.

We aim to increase personal resilience, increase organisational resilience and reduce negative impacts of stress by

- recognising what we are going through
- drawing on up to date evidence
- using national resources and local expertise

"Support" will mean different things at different times, as we go through our own journey of adjustment and coping.

Use the pyramid to identify what support you need and follow the links.

