

This is a selection of the wellbeing resources available to Southern Trust staff to provide you with easy access to useful information.

F A Q **Frequently Asked** - Click [here](#) to access FAQs on coronavirus for HSC employees.

Useful Contacts



Workforce COVID 19 Helpline - 028 3756 2600 or internal 62600

1. **Psychology** Support Line for staff health and wellbeing concerns. (Monday-Friday 10am-8pm).
2. **Occupational Health** Advice Line for staff and managers on fitness to work concerns. (Monday-Friday 9am-5pm and Saturday-Sunday 9am-1pm).
3. **HR** Advice Line for managers on HR matters. (Monday-Friday 9am-5pm and Saturday-Sunday 9am-1pm). Managers can email Managers.HRsupport@southerntrust.hscni.net.

Inspire confidential counselling - 0808 800 0002 (free) 24/7.

Pregnancy Helpline - 028 3756 3702 (Monday-Friday 9am-5pm and Saturday-Sunday 9am-1pm).

Chaplaincy Support - 028 3833 4444 (Every Day 10am-12noon) or **028 3083 5000** (Every Day 2pm-4pm).

Useful Information



Trust COVID 19 Accommodation - 028 3756 1419 (Monday-Friday 9am-5pm) There is a range of Trust accommodation available for staff who cannot stay at home during this difficult time. Interested staff should complete the Covid 19 Accommodation Request Form [here](#) to be discussed and approved by their Head of Service/Clinical Director and returned by email to: covid19.accommodation@southerntrust.hscni.net.

Working from Home - for some staff, homeworking is now necessary in order to protect themselves, protect others, to create distance within the office and to manage child care. Click [here](#) to access home working guidance for staff and managers.

Tips for Parents - click [here](#) to watch a video that explains coronavirus to children or click [here](#) for tips.



PIPS Upper Bann - 07342 332481 (available 24/7). PIPS Upper Bann continues to provide immediate therapy to anyone in our community who is experiencing suicidal thoughts, high levels of anxiety, poor mental health or bereaved over suicide.

Public Health Agency - the PHA is highlighting the importance of looking after your wellbeing. For ideas, resources and support visit pha.site/wellbeinghome.

Health and Wellbeing



Click on the logo to access resources to support your **physical and mental health and emotional wellbeing**. You no longer need a username and password so you can access it at home and on your mobile.

Click on the logo to access the Trust's **Recovery and Wellness College** Facebook page.

Recovery and Wellness College SHSCT

Headspace is offering free access to NHS staff. Click [here](#) to register.

Click **Minding Your Head** - for contact details for local services providing advice and support.



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