

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 9am – 9pm and Saturday & Sunday 2pm – 6pm).
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). 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](mailto: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](http://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.



**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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