

MENTAL HEALTH ESCALATION GUIDANCE

LOW MOOD

Your Support

- Hold a 121 to check in with your staff member (how are they feeling, what support do they need)
- Hold a Welfare Appraisal or re visit an existing one.
- Mental Health First Aider training is available for managers. Contact uhsussex.staffhealth@nhs.net for information

Online Resources & Tools

- **Vivup** – MyMindPal App, e-booklets <https://www.vivupbenefits.co.uk/>
- **Liggy Webb** Bitesize Wellbeing Booklets – Online Library available
- Available on the UHSussex Intranet on Wellbeing page.

Health & Wellbeing website

Support services and network groups:
www.uhsussex.nhs.uk/wellbeing

Spiritual Care

Chaplaincy team is available to advise, support and assist people of no particular religious faith.

- Call 64122 RSCH
- Call 68232 PRH
- Call 35380 SRH
- Call 84004 WGH

Confidential Listening Service

East: Connections
uhsussex.connection@nhs.net
West: Listening Ear
uhsussex.staffhealth@nhs.net

STRESS / ANXIETY

121 Counselling

In-house confidential support, counselling and psychotherapy.

East: **HELP Service** x63692
West: **Counselling Team** x31624 SRH
x85356 WGH

Telephone counselling

Vivup - 24/7 counselling service
Call 0330 380 0658 or
East: vivup.tercltd.co.uk/?CODE=103778
West: vivup.tercltd.co.uk/?CODE=103806

Policies and Employee Relations Helpline

- Health, Wellbeing and Attendance at work policy.
- Flexible Working Policy
- Health & Wellbeing checklist
- Complete a Stress Questionnaire
- Call the ER helpline:
East: x76711
West: x85722

Occupational Health

East: x64011
West (Team Prevent): 01327 810269

Staff in Mind Sussex

Staff can complete a self-assessment about how you're feeling, have a confidential follow-up with a clinician and receive access to mental health treatment.

<https://www.sussexstaffinmind.nhs.uk/>

IMMEDIATE ASSISTANCE

Mental Health Liaison via the Emergency Department

East: Call ext. 64248 West: Call ext. 85252

Mental Health Rapid Response Service

Will assess and refer to community / crisis / or emergency department
Call 01273 242220

Samaritans

FREEPHONE 116 123 or
0845 90 90 90

You do not need to be suicidal to call
A voice on the end of the phone, to connect with, can be supportive and reassuring

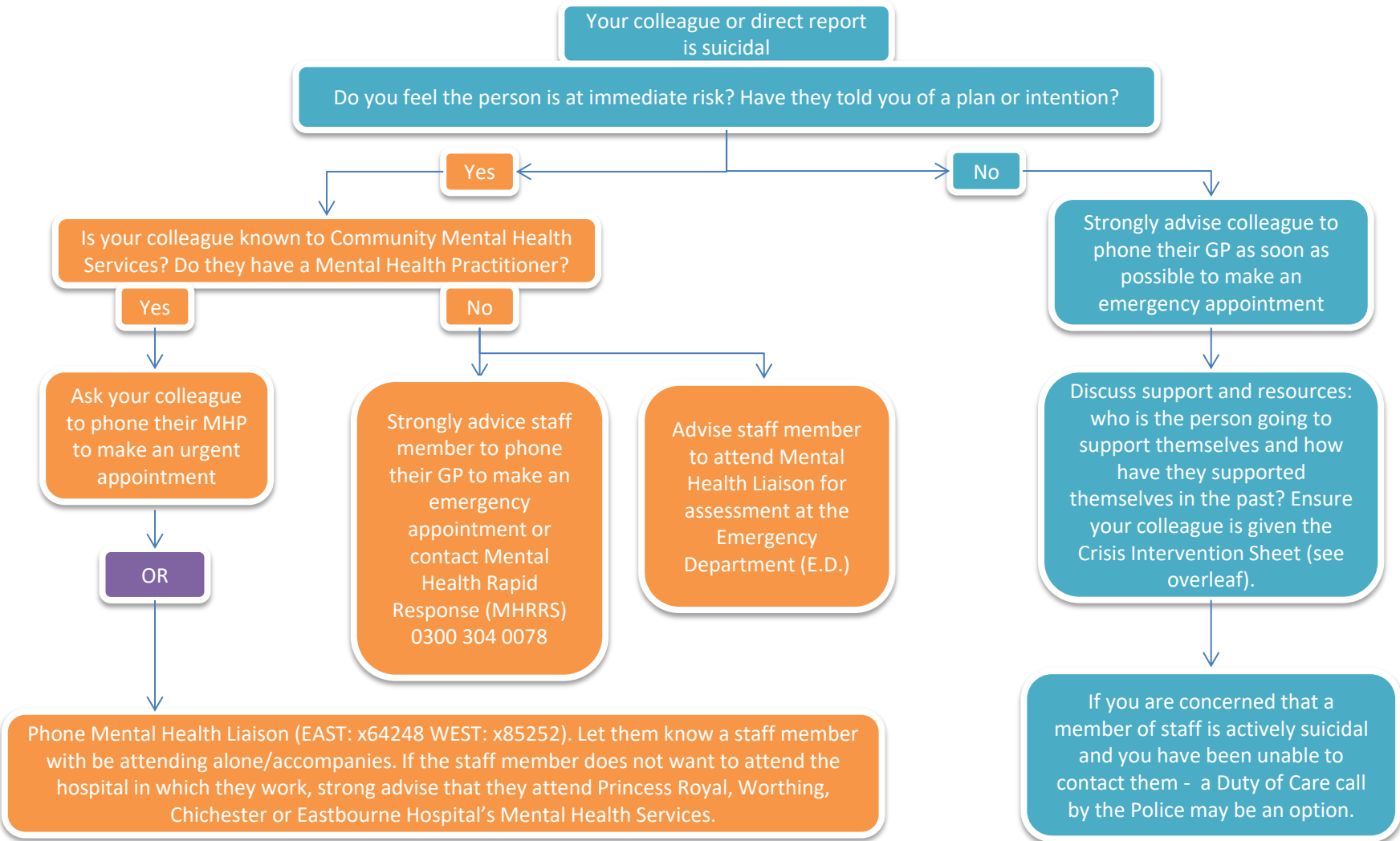
Our Department

Department Name

What support do we provide?

Emergency Contact Number

SUICIDE RISK PROTOCOL



Ensure that you – as the manager of your colleague – access support to debrief once this process has been followed. This is a stressful situation for you too. One of the lines of support within the trust is the HELP/staff counselling service.