Mental Health Escalation Guidance for Managers



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 development appraisal (including a welfare check)
- Managers' Mental Health First Aider training.
 Contact uhsussex.staffhealth@nhs.net for information
- Resources for supporting others on our leader toolkit on the Health and Wellbeing website

Online Resources & Tools

- Vivup MyMindPal App, e-booklets www.vivupbenefits.co.uk/
- Liggy Webb Bitesize
 Wellbeing Booklets Online Library

Health & Wellbeing website

Support services and network groups: www.uhsussex.nhs.uk/careers/working-with-us/wellbeing/

Spiritual Care

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

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

Confidential Listening Service

RSCH/PRH: Connections uhsussex.connection@nhs.net SRH/WGH/SLH: Listening Ear uhsussex.staffhealth@nhs.net

STRESS/ANXIETY

Staff Psychological Support Service

(formally known as The Staff Counselling Service / HELP) Available to staff - free, confidential:

- One-to-one counselling
- Psychotherapy
- EMDR (Eye Movement Desensitisation & Reprocessing)
- CBT (Cognitive Behaviour Therapy)

RSCH/PRH: ext. 63692

SRH/WGH/SLH: ext. 31624 SRH ext. 85356 WGH

24/7 Telephone & Online Support

Vivup - 24/7 telephone service Call 0330 380 0658 or.

visit 'Support Services' on our Mental Wellbeing website for self-help tools, podcasts, debt advice and more

Policies and Employee Relations Helpline

- Health, Wellbeing and Attendance at Work Policy
- Flexible Working Policy
- Health & Wellbeing Checklist
- Complete a Stress Questionnaire
- Raising concerns https://www.uhsussex.nhs.uk/careers/ working-with-us/wellbeing/raising-concerns-speaking-up-pathways/
- Managers' Mental Health Guidance
- Call the People Advisory Team helpline:

RSCH/PRH: ext. 67611 SRH/WGH/SLH: ext. 85722

Occupational Health

RSCH/PRH: ext. 64011

SRH/WGH/SLH (Optima Health): 01327 810269

IMMEDIATE ASSISTANCE

Mental Health Liaison via the Emergency Department

RSCH/PRH: Call ext. 64248 SRH/WGH/SLH: Call ext. 85252

Mental Health Rapid Response Service/

Will assess and refer to community / crisis / or emergency department.

Brighton and Hove: 0300 304 0078 East and West Sussex: 0800 0309 500

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

Please add your information here, use the 'fill and sign' option in Adobe to add text.

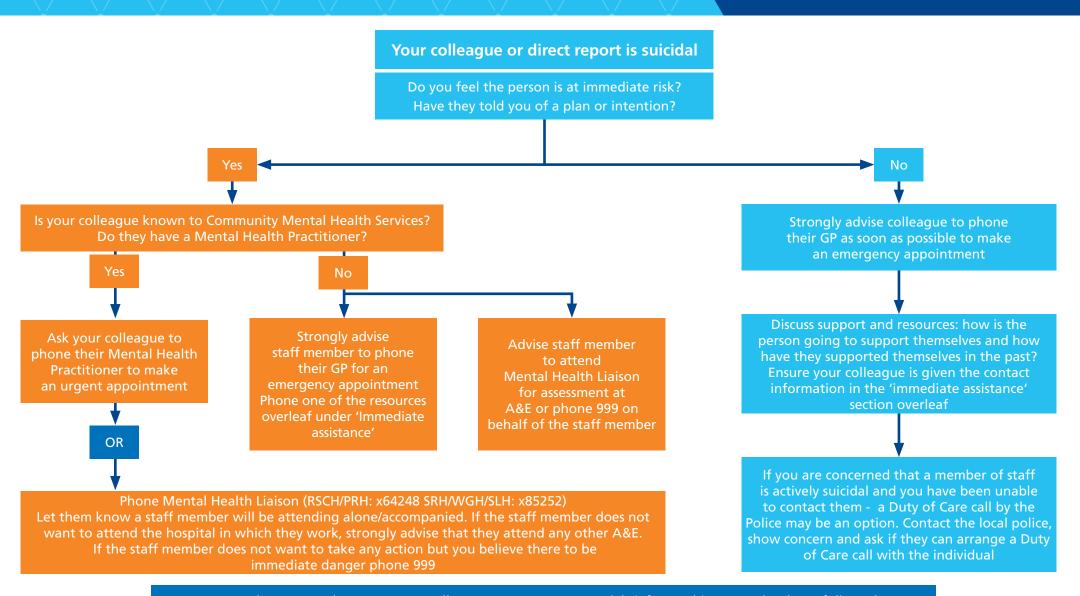
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What support do we provide?

Emergency contact number:

Suicide Risk Protocol





Ensure that you, as the manager or 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 Staff Psychological Support Service