

How am I feeling?

Supporting my mental wellbeing

This guide covers a number of options on how you may be feeling, and provides you with information on how you can access resources and seek support.



Anxiety

Stress

**Low
Mood**

Stress

If you recognise any symptoms of **stress** please don't suffer in silence, seek support using the details on this page.

Trouble sleeping or sleeping too much

Angry, irritable or restless

Feeling overwhelmed, unmotivated or unfocussed

Problems with your memory or concentration

Racing thoughts or constant worry

- No booking
- In-person and telephone appointments
- Psychological support and signposting

Chaplaincy Service

Our Chaplains are always happy to listen and speak to all staff. They can provide guidance to staff, of all faiths and beliefs, including those non-religious.

St Richard's ext. 35380

Worthing ext. 84004

Royal Sussex County ext. 4122

Princess Royal ext. 8232

Email: uhsussex.chaplaincy@nhs.net

- 24/7 access
- Talk through any issues

NHS England – confidential text support service

Available to all staff needing to talk through a tough day or any other worries on their mind.

Access support by texting **FRONTLINE** to **85258**

- 24/7 access
- Specialist advice
- Online resources

Vivup Employee Assistance programme

The Vivup team are there to listen and support with any and all personal issues from day-to-day challenges at home, to mounting pressures in the workplace.

Telephone: 0330 380 0658

Links to the employee assistance program can be found under Mental Wellbeing on the intranet

VIVUP: vivup.yourcareeap.co.uk?CODE=103806

- Appointment only
- 9am-5pm Mon-Fri
- Self-referral
- Telephone/ face-to-face MS Teams options

Staff Psychological Support Services

One-to-one counselling and psychological support, either over the telephone or online. Supporting with anxiety, depression, stress, burnout, grief, trauma, or other distressing life events. Referral information under Mental Wellbeing on the intranet.

Worthing, St. Richard's & Southlands

01243 788122 Ext. 31624

Royal Sussex County, Brighton General & Princess Royal

01273 696555 Ext. 63692

Email: uhsussex.staffpsychologicalsupport@nhs.net

Self-help resources

UHSussex Managing Stress resource: www.uhsussex.nhs.uk/pro-resources/managing-stress/

Vivup Stress Self-Help Workbook: www.selfhelpguides.ntw.nhs.uk/vivup/leaflets/selfhelp/Stress.pdf

Further resources can be found on the intranet under:

[Mental wellbeing support for staff - University Hospitals Sussex NHS Foundation Trust \(uhsussex.nhs.uk\)](#)

Anxiety

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<ul style="list-style-type: none">• No booking• In-person and telephone appointments• Psychological support and signposting	Chaplaincy Service Our Chaplains are always happy to listen and speak to all staff. They can provide guidance to staff, of all faiths and beliefs, including those non-religious. St Richard's ext. 35380 Worthing ext. 84004 Royal Sussex County ext. 4122 Princess Royal ext. 8232 Email: uhsussex.chaplaincy@nhs.net
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Self-help resources

Wellbeing webinars: Relaxation: youtu.be/xx85-lq5Sfc

Energy-prioritising your wellbeing: youtu.be/iYttM3SrSl

UHSussex Managing Anxiety resource: www.uhsussex.nhs.uk/pro-resources/managing-anxiety/

Vivup Anxiety Self-Help Workbook: www.selfhelpguides.ntw.nhs.uk/vivup/leaflets/selfhelp/Anxiety.pdf

Low mood

If you recognise any symptoms of **low mood** please don't suffer in silence, seek support using the details on this page.

Feeling tired more often

Lacking energy

Feeling emotional

Finding it hard to cope

Experiencing 'brain fog' or finding it hard to think

Tearful or wanting to cry all the time

Feeling restless and agitated

Finding it hard to cope with everyday things

- No booking
- In-person and telephone appointments
- Psychological support and signposting

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Email: uhsussex.chaplaincy@nhs.net

- Telephone support
- No booking

Hospice UK bereavement support line

This support line if you need advice and information on getting through a bereavement and is free to access from 8am to 8pm, seven days a week.

Call: 0300 303 4434

- 24/7 access
- Specialist advice
- Online resources

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Email: uhsussex.staffpsychologicalsupport@nhs.net

- Access 7am-11pm

Samaritans staff support line

This is a confidential staff support line, operated by Samaritans, and is free to access from 7am to 11pm 7 days a week.

Call: 0800 069 6222 or text FRONTLINE to 85258 for support 24/7 via text

Self-help resources

Resilience Workshop: provided by Staff Psychological Support Services – [education/learning-development/training-courses/general-study-days/emotional-resilience](#)

UHSussex Managing Depression resource: www.uhsussex.nhs.uk/pro-resources/managing-depression/

Vivup Low Mood Self-Help Workbook: www.selfhelpguides.ntw.nhs.uk/vivup/leaflets/selfhelp/Depression%20and%20Low%20Mood.pdf