



University Hospitals Sussex
NHS Foundation Trust

Health and Wellbeing Media Pack

January 2025

Mental Wellbeing support for staff

Scan for more info



[Short video](#) providing mental health guidance and techniques



[Vivup 24/7](#) telephone and online support service (0330 380 0658)



[Doctor's Wellbeing](#) - supporting Doctor's and those in a clinical setting



[Managing Stress in the Workplace](#) in HR Policies



[Managing Mental Health and Wellbeing at Work Training](#)



[Freedom to Speak Up Guardian](#)



[Chaplaincy Listening Service](#)
(St Richard's x35380, Worthing
x84004, Royal Sussex County
x64122 or Princess Royal x68232)



Liggy Webb [Wellbeing eBooks](#)

In-house counselling Staff Psychological Support Service

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We offer free, short-term one-to-one Counselling, Psychotherapy, EMDR (Trauma) and CBT therapy to staff at UHSussex.



If you have been experiencing anxiety, depression, stress, burnout, grief, trauma, or other distressing life events, you are welcome to [self-refer immediately](#).



The service also provides support to teams across the Trust via Clinical Supervision, Psychological Debriefing, and Training.



Download our [self-help guides, leaflets and worksheets](#).



Up to 6 counselling sessions with a qualified professional.



[Mental wellbeing support for UHSussex staff](#).

Contact us

uhsussex.staffpsychologicalsupport@nhs.net

**Worthing, St Richard's
and Southlands**
01243 788122 ext.31624

**Royal Sussex County, Brighton General
and Princess Royal**
01273 696955 ext. 63692

Financial Wellbeing support for staff

UHSussex Crisis Support Fund

Thanks to My University Hospitals Sussex Charity, the Trust can offer the following support for when staff find themselves in financial hardship:

- Supermarket vouchers for those in financial crisis of up to £50 per month for up to 10 months per year (assigned in blocks of 3 months if appropriate).
- One-off support for unexpected and significant items of expenditure or support for a drop in income due to unexpected circumstances (up to a maximum of £500 gifted in vouchers).

[Apply using the application form on the intranet.](#)



Scan for more info



[Resources available on the intranet](#)

- Travel and Transport
- Vivup Salary Sacrifice Scheme
- National NHS Staff Discounts
- External and National Grants
- Childcare
- Discounts and freebies
- Credit Union
- Simplyhealth cash plans
- Food banks
- Car lease scheme
- Cycling and bikes

Financial Wellbeing Support Officer



wave community bank
Local. Ethical. Together.



Contact Tracy Cox-Horton

tracy.cox-horton@wavecb.org.uk

07943 534 360
0300 303 3188

As part of the Trust's Cost of Living support, funded by My University Hospitals Sussex Charity, Tracy offers [1:1 appointments](#) for staff. With years of experience in all aspects of financial services, she supports staff at UHSussex with financial queries such as:

- Budgeting household finances
- Debt advice/signposting
- Government entitlement signposting
- Saving and loans
- General financial guidance

Tracy's role is independent from the Trust and all appointments, advice, and any individual circumstances discussed are completely confidential and will not be shared with any persons from the Trust unless permission is sought from you. Key themes will be collated to enable an evaluation of the service. Appointments will be face to face or via Teams/Zoom, depending on preference.

To view availability and book please follow this [link to the booking form](#).

Scan for more info



Physical Wellbeing support for staff

Health and
Carers Passports

Health &
Wellbeing
Calendar

Fitness, sports
and social
classes and
activities

Diabetes
prevention
programme

Infant feeding
guidance and
zones

Domestic
violence, sexual
assault support

NHS One You

Menopause
support and
quarterly virtual
Cafés

Stopping
smoking services

Display screen
equipment
policy and eye
tests

Gym
Membership

Massage for
staff

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WE HAVE SIGNED!

We pledge to support our
employees going through
menopause in the workplace

Supported by



#MenopauseWorkplacePledge



Occupational Health and Physiotherapy

UHSussex Occupational Health

- Self-referral form
- Access to self-help treatments
- Online questionnaire
- Online booking system for telephone or in person treatments

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Staff at Worthing, St Richard's and Southlands

team3@optimahealth.co.uk

01327 810269

Staff at Royal Sussex County and Princess Royal

Uhsussex.OH.Enquiry@nhs.net

01273 696955



[Shoulder pain](#)



[Neck pain](#)



[Back pain](#)



[Elbow pain](#)

Health & Wellbeing Calendar - How to add to Outlook



1) Open your 'Calendar' tab in Outlook



Add calendar

2) Add a new calendar



Add from directory

3) Add from 'Directory' / 'Address Book'

Please select an account to search from:

4) Choose your own email address using the dropdown list

Select a person, group or resource from your organisation's directory to view the associated calendar.



STAFFHEALTHANDWELLBEING (UNIVERSITY HOSPITALS SUSSEX NHS FOUNDATION TRUST) X

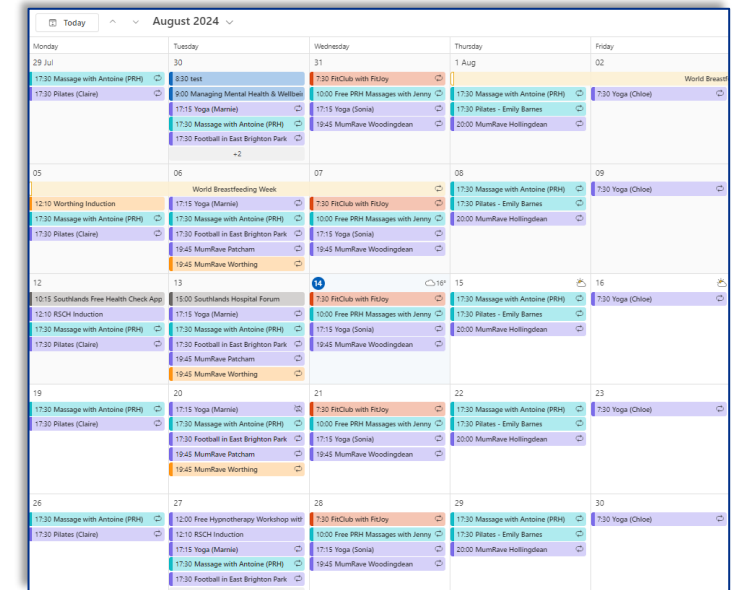
My calendars

Calendar

STAFFHEALTHANDWELLBEING (U...

6) Tick the new calendar to display the entries

7) You can now view all physical activity classes (colour coded by Hospital site), as well as national days of recognition



5) Search for and select STAFFHEALTHANDWELLBEING
uhsussex.staffhealth@nhs.net

Other Resources

[Staff Networks](#)
[Leaders Toolkit](#)
[Healthy Travel](#)
[Policies and Guidelines](#)
[Check Out Campaign](#)
[Trust Ambassadors](#)
[Violence, Prevention and Reduction](#)
[Suicide Awareness](#)



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Zero
Suicide
Alliance

Because
ONE life lost
is **ONE** too many

To be added to the distribution list for the monthly Health and Wellbeing Roundup Newsletter, or for anything else, please contact our team via: uhsussex.staffhealth@nhs.net

To care for others, we need to take care of ourselves. Find out what staff health and wellbeing support is on offer.



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