

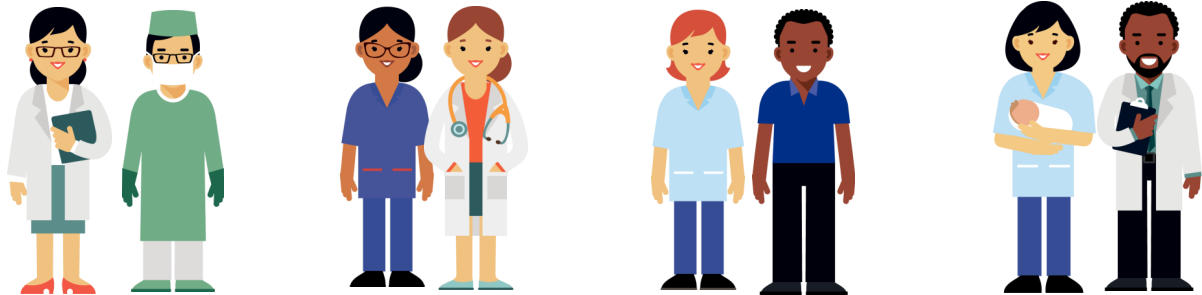
Chesterfield Royal Hospital

Face to Face Support for Staff

In addition to a number of already available organisational, Derbyshire and National resources to support staff Health and Wellbeing during the COVID 19 pandemic, staff can now book a face to face session with a member of our team which consists of a group of colleagues who can listen to you to help guide you through the support available, or just give you an opportunity for some 'time out'.

The remit of these sessions is to give staff a chance to talk to someone outside of their team and have an informal conversation to help them find their own coping strategies and support them to stay in work. It is not counselling or a therapeutic intervention.

Our team members will have the most up to date information on the latest staff Health and Wellbeing support on offer locally and Nationally ,covering a wide range of services that we can signpost and give you access to.



There are sessions available Monday to Friday and these are bookable through the Education Centre admin team either by phoning [ext 3619](tel:012233619) or emailing crhft.learning@nhs.net

Priority will be given to those staff working in COVID potential/confirmed areas, but anyone wanting to access this offer of support are welcome to do so.