

# Staff wellbeing is more important than ever

You may feel:

Fear of infection

Frustrated with events and others

Higher levels of stress

Worried for close others

Preoccupied

You may not know how you feel

Challenged

Okay



Eat nourishing food



**Remember to:**

Stay hydrated



Take a breath



Take breaks



Be kind to yourself and each other



Communicate with colleagues



Ask for help if you need it



## Talk to us:

**Staff Support Clinical Psychologists**

**Email:** [leedsth-tr.staffsupportpsychology@nhs.net](mailto:leedsth-tr.staffsupportpsychology@nhs.net)

24 hour helpline - 24/7 access to free confidential in the moment support, telephone counselling, advice and information. Provided by Care First, LTHT's Employee Assistance Programme. Access by telephoning **0800174319**