

Staff Support During Covid-19

NHS

The Leeds
Teaching Hospitals
NHS Trust

We recognise that many staff may need **additional support** during the **COVID-19 crisis**. You can find the support you need, at the time you need it, from one or more of the sources below.



Self Help

Our NHS People, helping you manage your own health and wellbeing - <https://people.nhs.uk/>

Free Access to mental health and wellbeing apps at: <https://people.nhs.uk/help/>

Samaritans, providing emotional support to anyone in emotional distress - **Tel: 0300 131 7000**

Leeds Domestic Violence, offer emergency accommodation, support, advice and advocacy to women, men and families across Leeds - **Tel: 0113 2460401**



Psychological Support

Employee Assistance Programme for counselling support - **Tel: 0800 174319**

Staff psychological support, offering staff support between 9.00 am and 9.00 pm over 7 days on both the LGI and SJUH sites or **call (0113) 206 5897** to arrange a phone or video call. For further information visit: <https://www.leedsth.nhs.uk/staffhealthandwellbeing/supportnetwork/psychology-staff-support/>

Our NHS People, support for mental wellbeing and bereavement - **Tel: 0300 131 7000** or receive text support by **texting 'frontline' to 85258**



Physical Support

Employee Assistance Programme, for financial and legal support - **Tel: 0800 174319**

Occupational Health - **Tel: 0113 2065228 / 3923267**

Our NHS People, financial support - **Tel: 0300 131 7000** or text support by **texting 'frontline' to 85258**

Accessing Food - if you or your family need support or help please contact:

Leeds - Local Welfare Team **Tel: 0113 3760330**

Kirklees - <https://bit.ly/2XBqNbi>

Bradford - <https://bit.ly/3b9GHxx>



Helping Others

There is a lot of support and guidance on helping others on the **Staff Health and Wellbeing Support network** at: <https://www.leedsth.nhs.uk/staffhealthandwellbeing/supportnetwork/staff-peer-support/>

Citizen Advice Bureau, offers free confidential advice online or over the phone - **Tel: 03444 111 444** or **Web: www.citizensadvice.org.uk**

