



overwhelmed anxious low
panicked stressed fatigued

NEED

angry nervous depressed

lonely isolated sad hurt

pressured stigmatised scared tense erratic

lonely isolated sad hurt

SUPPORT?

IMMEDIATE, 24/7 HELP IS AVAILABLE

The University of Worcester has launched the Employee Assistance Programme (EAP), with Care First: 24/7 access to confidential counselling support, free to all University staff.

www.carefirst-lifestyle.co.uk, Username: uniofworc1, Password: staff

Mental health helplines:

Mind Infoline - tel. 0300 123 3393

(9am-6pm Monday to Friday), text 86463

Rethink Mental Illness Advice Line - tel. 0300 5000 927

(9.30am-4pm Monday to Friday)

Saneline - tel. 0300 304 7000

(4.30-10.30pm)

Samaritans - tel. 116 123

(24-hour service, free to call)

Not sure what to do next? We invite you to join the Staff Mental Health Network for informal peer support.

Email *staffmentalhealthnetwork@worc.ac.uk*



CARE FOR YOURSELF.

RESOURCES ARE AVAILABLE TO ENSURE ONGOING SUPPORT.

Wellness Actions Plans (WAPs), by Mind:

Google search: "mind wellness action plan"

or search via www.mind.org.uk (a great resource for finding out your rights too)

Return to Work toolkit, by Kingston University:

www.returntoworkmh.co.uk

'Care First' 24/7 helpline and online resources:

Launched in December 2018, staff can now access the resources, receive telephone advice and join the counselling scheme

www.carefirst-lifestyle.co.uk, Username: *uniofworc1*, Password: *staff*

Soma Occupational Health Referral:

Referrals to Soma's Occupational Health and Counselling service are managed through the HR department. Your line manager will be able to arrange this with HR.

www.somahealth.co.uk

Independent Support:

Staff can also find suitably qualified counsellors and psychotherapists working independently of the university.

bacp.co.uk | psychotherapy.org.uk | counselling-directory.org.uk

Want to share your story? Take part in the Staff Mental Health Network and join the conversation.

Email staffmentalhealthnetwork@worc.ac.uk



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HELP EACH OTHER.

LOOK OUT FOR YOUR TEAM AND SUPPORT EACH OTHER:

University of Worcester Staff Mental Health Network:

This newly formed Staff Mental Health Network seeks to provide peer support for staff working within the University and to promote mental health and wellbeing in the University workplace.

Email staffmentalhealthnetwork@worc.ac.uk for more details.

University of Worcester Chatter & Natter Cafe Tables:

These especially designated cafe tables are designed to encourage people to talk and have simple interactions to combat loneliness. The SU Hangar and the City Campus cafe now have a 'chatter and natter' table available every day for all students and staff at the University of Worcester.

ONLINE RESOURCES FOR MANAGERS:

Mindful Employer:

Online resources and guidance for managers

www.mindfulemployer.net/managers

Employer Resources, by Mind:

Read the online booklet on 'How to Support Staff Who Are Experiencing a Mental Health Problem:

www.mind.org.uk/media/550657/resource4.pdf

Want to share your experience and ideas?

Email staffmentalhealthnetwork@worc.ac.uk



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SUPPORT STUDENTS.

HERE'S HOW YOU CAN HELP STUDENTS IN NEED:

Crisis support from the Counselling & Mental Health Services:

<https://www2.worc.ac.uk/counselling/in-a-crisis-now.html>

A guide for University Staff supporting students:

Guidance on supporting students in relation to a range of common difficulties, including mental health issues, is available here:

worchester.ac.uk/documents/signposting-student-support-guide-for-university-staff.pdf

The Mix:

Judgement-free information and support to young people.

Tel: 0808 808 4994 (11am-11pm, free to call)

For crisis support, students can text 'THEMIX' to 85258

www.themix.org.uk/get-support

'Safety Plan' Suicide Prevention Guidance:

Tutorials and templates to help devise actions and strategies for resisting suicidal thoughts.

<http://stayingsafe.net/>

The Roles and Experiences of Academics - Briefing Report:

Student Minds report on the impact on academics of having to give mental health support to students. Findings based on 52 interviews across 5

Universities. The full report can be accessed at:

www.studentminds.org.uk/theroleofanacademic

Contribute your own ideas at the Staff Mental Health Network:

staffmentalhealthnetwork@worc.ac.uk



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WANT TRAINING?

HERE ARE RESOURCES TO HELP STAFF SUPPORT OTHERS

Supporting Students:

MindEd (a free e-learning resource for all adults)

www.minded.org.uk

Charlie Waller Memorial Trust Mental Health Training

learning.cwmt.org.uk

AMOSHE Mental Health Conditions Toolkit

staffresources.uhi.ac.uk/mhc/

Suicide Prevention Training by Zero Suicide Alliance

zerosuicidealliance.com

"We Need to Talk About Suicide"

www.nwyhelearning.nhs.uk/elearning/HEE/SuicidePrevention/

Supporting Staff:

Mental Health First Aid training and **ASIST** (2 day suicide prevention training) offered upon contacting our Training & Development team

Counselling for non-counsellors offered upon contacting our Counselling & Mental Health Services Team

Mindfulness Training Programme - visit the Staff Development Workshops on the Staff Portal or contact the Training & Development team for information

Want to help end the stigma? Take part in the Staff Mental Health Network and join the conversation.

Email staffmentalhealthnetwork@worc.ac.uk



INTRODUCING THE STAFF MENTAL HEALTH NETWORK

The University of Worcester Staff Mental Health Network is growing in members - set up and run by staff, for staff.

Maybe you or someone you love faces challenges relating to mental health and wellbeing. Maybe you manage staff who do. Maybe you simply feel solidarity with those who live with mental health concerns and want to make a positive difference.

The network aims to:

- Offer the opportunity for peer support through sharing personal experiences and coping strategies with staff colleagues
- Raise awareness and reduce stigma in relation to talking about mental health and seeking support within the University workplace
- Share information and work together to improve the workplace experience for staff
- Work collaboratively with other groups locally (within the University and with other organisations) to improve mental health support for staff

Join the Network, come along to one of our open and friendly meetings, or simply email to find out more at:

staffmentalhealthnetwork@worc.ac.uk