Health and Wellbeing Support Information

Employee Assistance Programme
Leading provider of professional counselling, information and advice.

Unlimited freephone access 24 hours a day, every day of the year.

No need to speak to your manager, just call: 0800 174 319.

Staff Psychological Support
Short term psychological support for individuals and teams.

Support is provided by Clinical Psychologists and Counsellors with expertise in mental health and workplace wellbeing.

Contact the Clinical Psychology team on: leedsth-tr.staffsupport@nhs.net

Staff Psychological Support offers a menu support options to help you to look after your wellbeing and that of your team.

A database of Mental Health First Aiders is available so you can filter who you would like to speak to.

Mental Health First Aiders will listen non-judgementally and signpost appropriately.

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There is training available for staff who would like to become Champions and support their colleagues.

Chaplaincy
Chaplaincy cover all of the Leeds Teaching Hospitals sites and offer pastoral, spiritual, and/or religious care.

Financial Wellbeing
There is a range of support available for all staff.

Anyone working at one of our hospital sites can apply for the Employee Support Fund.

Physical Wellbeing
Access to virtual classes and discounts at gyms.

Scan here to access the Staff Physiotherapy Service

Trust inclusive community groups such as walking and gardening.

Health and Wellbeing Champions
Promote health and wellbeing campaigns and signpost services to staff in their department.

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For more information on Health and Wellbeing Champions, including how to apply to become one, scan here.

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