



Leeds Teaching Hospitals Steps To Wellbeing

Health and Wellbeing Support Information



The Leeds
Teaching Hospitals
NHS Trust

START HERE



Scan for the Staff Health & Wellbeing website

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.

Contact the Chaplaincy team on:

leedsth-tr.Chaplaincy@nhs.net

Extension 64365

Our staff support pastoral carer (non-religious) and chaplains offer flexible, holistic, non-judgemental, confidential support for staff of all faiths and beliefs.

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.



Scan here for more information.

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.



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

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



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.



Mental Health First Aiders
First point of contact for an employee who is experiencing a mental health issue or emotional distress.



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

Scan to connect with the Health and Wellbeing team:



Staff
Health & Wellbeing

