

PASTORAL SUPPORT FOR SCITT TRAINEES

Organisation	Services provided	Contact information
Employee Support, provided by Health Assured (Hampshire County Council)	<p>These services are free, confidential and available to all staff and their immediate family members:</p> <ul style="list-style-type: none"> ➤ a 24 hour a day, 365 day a year confidential telephone advice and information line covering a wide range of issues including work, personal and family related ➤ one to one counselling – maximum of six sessions a year per issue <ul style="list-style-type: none"> ➤ face to face and/or telephone for employee only ➤ telephone counselling is available for immediate family members ➤ legal and tax advice helpline (legal advice available to employee only) ➤ Serious Illness and Accident Support ➤ medical information (GP call-back available) ➤ online support 	Tel: 0800 030 5182
Education Support	A UK charity dedicated to supporting the mental health and wellbeing of education staff in schools, colleges and universities.	0800 562 561 https://www.educationsupport.org.uk/
Hampshire County Council	<p>Resilience resources for school staff:</p> <ul style="list-style-type: none"> ➤ Habits of resilience ➤ Adapting to change ➤ Taking care of me ➤ Coping with demands ➤ Building relationships ➤ Feeling in control ➤ Work/life balance ➤ Environmental influences ➤ Advice and support 	https://www.hants.gov.uk/educationandlearning/schools-resilience
Fareham & Gosport SCITT	Fara Walpole (trained counsellor) is part of the SCITT team. Trainees can be referred to this internal service if the need arises.	Access through: farehamandgosportprimaryscitt@harrison.hants.sch.uk s.gmitrowicz@harrison.hants.sch.uk c.jeffery@harrison.hants.sch.uk
Southern Health NHS	<p>Health and well-being strategies:</p> <ul style="list-style-type: none"> ➤ Mental health services ➤ Referral and assessment 	http://www.southernhealth.nhs.uk/services/mental-health/

Solent NHS	Range of services including mental health services.	<p>Tel: 0300 1233390</p> <p>https://www.solent.nhs.uk/</p> <p>highpointreceptionhq@solent.nhs.uk</p> <p>Highpoint Venue, Bursledon Road, Southampton, SO19 8BR</p>
NHS 111	<p>Are you or someone you know experiencing a crisis and need urgent mental health support?</p> <p>The NHS 111 mental health triage service provides advice, support and guidance, 24 hours a day, seven days a week, for anyone living in Hampshire and the Isle of Wight.</p> <p>The mental health triage team has a wide range of skills, including on the phone brief psychological support and has access to key services and organisations that can offer mental health support to people in their time of need. NHS 111 has a team of mental health professionals ready and waiting to speak to you. And no matter what your concern or issue, whether it's low mood, anxiety, depression or an established mental health problem, NHS 111 is there to ensure that you get that support.</p> <p>The service can also be used by GPs and other healthcare professionals, the emergency services, mental health charities, and any other organisations that come into contact with people experiencing a mental health crisis.</p>	<p>Tel: 111</p>
NHS	A range of information including self-help therapies and further support	https://www.nhs.uk/conditions/stress-anxiety-depression/self-help-therapies/
italk	italk is a FREE service for people suffering from depression and anxiety. We are an Improving Access to Psychological Therapies (IAPT) service which is delivered as a partnership between Solent Mind and Southern Health NHS Foundation Trust	<p>http://www.italk.org.uk/</p> <p>02380 383920</p>