

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 	<p>Tel: 0800 030 5182</p>
Education Support	A UK charity dedicated to supporting the mental health and wellbeing of education staff in schools, colleges and universities.	<p>0800 562 561</p> <p>https://www.educationsupport.org.uk/</p>
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 	<p>https://www.hants.gov.uk/educationandlearning/schools-resilience</p>

University of Winchester (Student Services)	<p>You can phone or email to book an appointment with a Student Adviser who can assess your needs and the relevant actions to take place.</p> <p>Disability and wellbeing advisers are available to talk to and the university also runs a counselling service.</p> <ul style="list-style-type: none"> ➤ Sue Martin (Senior Wellbeing Adviser) ➤ Helen Piper (Senior Student Adviser) can advise you on any matter and who to contact about it. ➤ Lesley Black (Head of Wellbeing) is able to answer questions about counselling and disability. 	<p>studentservreception@winchester.ac.uk</p> <p>student.advice@winchester.ac.uk</p> <p>sue.martin@winchester.ac.uk</p> <p>01962 827493</p>
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.	<p>Access through:</p> <p>farehamandgosportprimaryscitt@harrison.hants.sch.uk</p> <p>s.gmitrowicz@harrison.hants.sch.uk</p> <p>c.jeffery@harrison.hants.sch.uk</p>
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	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>