

STAFF WELL-BEING support



Sherwood Forest Hospitals

NHS Foundation Trust

Level 3 of the staff well-being support focusses on the additional resources available to individuals and teams some of which can be tailored to meet specific needs.

LEVEL 3 - LOOK FOR 'STEP UP' SUPPORT

ONLINE SELF HELP



Free
Self Help
Apps

INDIVIDUAL SUPPORT



Occupational
Health:
01623 622515
ext. 3780/1
HR Support
ext. 4633
Access clinical
supervision or
peer support

TEAM CONVERSATIONS AND WEBINARS



Schwartz Round
Team
conversations
and webinars

#TEAMSFH WELL-BEING CALENDAR



Week 1
Values
Week 2
Awareness
Week 3
Engagement
Week 4
Connection

We are in this together | Just do the best that you can do | Look out for each other | Its ok not to be ok