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WALES

Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board



Iechyd a Lles Staff
Staff Health & Wellbeing

In-house Wellbeing Support and Resources

- ❖ **Staff Wellbeing Service** – 1:1 support for mild to moderate mental health, up to six sessions. The service is delivered Monday to Friday, 9.00am – 5.00pm, excluding bank holidays. Support is provided by a small team of therapists consisting of Assistant Psychologists, Counsellors, & Occupational Therapists.
- ❖ **TRiM** – (Trauma Risk Management), a peer support process, initially developed for the Armed Forces. It aims to ensure individuals exposed to trauma are suitably supported in a timely manner within the work environment and ensures that those who develop psychological disorders as a result of being exposed to traumatic events are assisted to seek help.
- ❖ **REACT Mental Health Training** which aims to help us have psychologically savvy and supportive conversations with colleagues about their mental health
- ❖ **GTEP** (Group Traumatic Episode Protocol) a therapeutic intervention aimed at reducing accumulative stress and / or distress associated with recent traumatic events.
- ❖ **Moral distress** can be a response to the extreme work situations that many NHS staff have found themselves in since the start of the pandemic. A session to make sense of how staff may be feeling is offered via MS Teams on either on a 1:1 basis or as a work team, with options of further support or signposting afterwards if indicated..
- ❖ **Meaningful and Mindful Living (MML)**, a skills based training course based on the principles of Acceptance and Commitment Therapy. It is delivered over five weeks (2.5 hours each week).
- ❖ **Managing Your Wellbeing** – a course based on a variety of approaches including Cognitive Behavioural Therapy, Acceptance and Commitment Therapy and Solution Focused Therapy. It is delivered over five weeks (2.5 hours each week).
- ❖ **Compassion Rounds**, facilitated half hour (30min) sessions for all staff that are delivered by a variety of staff including psychologists, nurses, wellbeing champions and learning & development facilitators throughout Swansea Bay UHB. During the rounds, staff are invited to revisit their values and to spend time thinking about how they can take better care of themselves and care for others. The rounds draw on principles of providing compassion to self, to others and receiving compassion.

❖ **Workshops for Line Managers / Supervisors**

- Mental Health Awareness
- Work Related Stress
- Occupational Health + Wellbeing Support

❖ **Staff Stress & Emotional Wellbeing Policy**

Available via this intranet [link](#)

❖ **Work Related Stress Risk Assessment**

Available via this intranet [link](#)

Further information and resources are available on the:

[Staff Wellbeing Intranet Page](#) and [Occupational Health SharePoint site](#)

(NB: the staff wellbeing page will be re-launched onto a SharePoint site in the near future).

For any queries regarding the above please email

SBU.StaffWellbeing@wales.nhs.uk