

# Individual Support

With staff in mind offers support across the following areas:

- Stress
- Promoting resilience
- Anxiety and low mood
- Bereavement and grief
- Trauma
- Sleep issues
- Substance misuse

What does the hub offer?



Online self-referral



Rapid clinical assessment



Confidential routes into treatment including within the hub



Agreed follow up from the hub

Support for Teams  
Please get in touch for teams sessions as we are willing to tailor content to your specific needs.

We offer a number of team support options:

## Psychoeducation/Training

Bereavement  
Sleep  
Anxiety  
Burnout  
Depression

Team Reflection Sessions

Relaxation/ Mindfulness

Post Incident Support

Outreach/ Wellbeing Events

We offer a varied and tailored and popular training programme with particular interest in our burnout and stress management session.

**NHS**

Coventry and  
Warwickshire Partnership  
NHS Trust



***With Staff in Mind***  
We care, so that you can care

With staff In Mind: The Staff Support service for all social care, health and NHS staff in Coventry and Warwickshire

**WITH STAFF IN MIND**

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## ***With Staff in Mind*** We care, so that you can care

### **Overview of the 'With Staff in Mind' Hub**

'With Staff in Mind' is one of over 40 Mental Health and Wellbeing Hubs that have been set up across the country. The hubs were created in response to the extraordinary pressures and the emotional impact of the COVID-19 pandemic on all social care and NHS staff. The hubs provide an independent, additional level of support to all social care, health care and NHS staff.

'With Staff in Mind' covers all staff working in Coventry and Warwickshire social care and NHS sites. Although the hubs evolved during the pandemic, staff can self-refer to us for any emotional wellbeing difficulty. We provide confidential rapid assessments and support you to access the help you might need. We can also work with teams as well as individuals and support managers/ leaders to enhance wellbeing of their staff teams.

### **Team Support**

Our Team support offers are outlined as follows:

Workshops on our psychoeducation topics that can be bespoke tailored to the group.

Post incident support: for incidents in or outside of work that you may have found difficult.

Reflective sessions that are discussion spaces for team members to reflect on issues and discuss solutions.

Mindfulness sessions based On ACT Mindfulness

And other events for further understanding of wellbeing

### **Manager Support**

We recognise that managers and leaders often know how to signpost their staff members to support services but may be less inclined to seek support for themselves. We therefore offer a specific confidential service for managers and leaders in health and social care across Coventry and Warwickshire. This service includes support on:

- Emotional wellbeing support (e.g. one-to-one or a team of managers)
- Advice to managers for supporting staff members' mental health
- Group sessions for leaders
- Managing team dynamics
- Supporting staff after an incident
- Support for managers after a significant event
- Resources for managers to signpost their staff to

### **What the Hubs are not:**

Although the Hub can provide support and advice on a diverse range of issues, please note that it is not a Crisis service, nor is it a mental health service. The Hub is here to support staff with emotional wellbeing and point them in the right direction of finding the appropriate help.

### **What can the Hubs help your staff with?**

The Hub can provide support for a number of issues that staff may be experiencing. These include (but are not limited to):

- Stress and promoting resilience
- Anxiety and low mood
- Bereavement and grief
- Trauma (e.g. stemming from COVID-19)
- Sleep issues
- Substance misuse

The Hub is here to provide advice and can point staff in the right direction of finding the help they deserve. We can also offer advice and **support to managers/ leaders, as well as offering sessions and workshops to teams who feel they are struggling as a collective group.**

### **SUPPORTING STAFF IN HEALTH AND SOCIAL CARE**

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**Opening Hours:**

Monday - Friday  
9am - 5pm

