

# North East and North Cumbria Staff Mental Health and Wellbeing Hub Briefing

## Contents July 2024

- [Fast and Confidential Support](#)
- [Recent Feedback](#)
- [New Groups Starting in September](#)
- [Workshops and Presentations](#)
- [Free Mindfulness Sessions](#)
- [Free Peer Support](#)

## Staff Wellbeing Hub

Our North East and North Cumbria Staff Mental Health and Wellbeing Hub is open to anyone who works in health or social care in our region. We are a responsive, easy to access, and highly confidential source of support.

Appointments are with experienced NHS clinicians.

## Fast and Confidential Individual Support

The Staff Mental Health and Wellbeing Hub is free, easy to access, and offers confidential support for any member of staff. The support might be needed for challenges at work, at home, or both. The Hub is open to anyone who works in health or social care in the North East or North Cumbria.

We know the importance of responding quickly, and we will offer you a timely and confidential appointment with one of our experienced NHS clinicians. All our clinicians are mental health NHS professionals who have worked on the frontline.

All you need to do is:

- Complete our [online self-referral form](#)
- Or email us at [hubstheword@cntw.nhs.uk](mailto:hubstheword@cntw.nhs.uk)
- Or leave us a confidential message on 0191 223 2030

## Recent Feedback

“Natalie was amazing... I wasn't sure what to expect but I feel for the first time in years that I am me.”

“James was a fantastic clinician and very supportive to my needs.”

“I found Rachel very friendly thoughtful and understanding. She possesses a very needed down to earth approach that makes our conversation flow naturally and she listened and gave great advice. I am very thankful.”

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## New Group Support

In September, we are offering two new online skills groups. Both groups will run weekly for six weeks.

Our popular [Self-Compassion Skills Group](#) supports NHS and Social Care staff to develop self-compassion skills needed both within the workplace and in personal life. This group starts on Friday 13 September from 10.30am until 12pm.

Our [Interacting Effectively Group](#) supports health and social care staff to develop interpersonal effectiveness skills needed both within the workplace and in personal life. The group uses a DBT (dialectical-behaviour therapy) approach to maintain and improve relationships, communicate effectively, resolve conflict, say no to unwanted requests, and get needs met. The group starts on Thursday 26<sup>th</sup> September from 10.30am until 12pm

If you are interested in joining either of these new groups, please complete our brief confidential self-referral on our website at <https://northeastnorthcumbria.nhs.uk/staff-wellbeing-hub/> and we will be in touch.

## Workshops and Presentations

We were delighted to be invited by the North East Ambulance Service to discuss the topic of Burnout-Free Work at their recent conference. Please get in touch if you have a big conference coming up and would like us to speak for free on wellbeing, burnout, or mental health at work.

## Free Mindfulness Sessions and Courses

The Staff Mindfulness Service in TEWV offers free sessions and courses to all health and social care staff in our region. Staff can access drop-in sessions, introductory 2-hour sessions, and 3, 6 and 8-week courses. There is a choice of online or face-to-face courses. Further information is available [here](#).

## Peer Support Sessions

Several charities offer regular free facilitated peer support sessions for NHS staff. These include [Doctors in Distress](#) , [You okay Nurse?](#) , and [You okay Doc?](#) Doctors in Distress offers peer support groups for all healthcare professionals, and a specific group for midwives.