

## **Mental health support scheme for doctors extended to every frontline healthcare worker in Wales**

A free mental health support service for doctors is to be expanded to provide support and advice for all front-line NHS Wales staff during the COVID-19 pandemic.

The service, run by Cardiff University, will offer an unprecedented level of support and advice to all healthcare professionals, including doctors, nurses, healthcare professional students, paramedics, therapists, dentists and medical volunteers working in Wales during and post the COVID-19 pandemic.

NHS Wales staff will be able to call a confidential helpline staffed by healthcare professionals, get access to face-to-face counselling sessions and be provided with guided self-help tools and online resources.

This expanded service will be provided through retired doctors and other healthcare staff who would like to support the NHS during the pandemic but who cannot, or do not want to return to the frontline. It will also include senior academics who at present are working full time in an academic role but would like to provide additional support.

The service will also support returning retired staff and healthcare professional students who are volunteering to assist in response to COVID-19 through the [COVID Hub Wales](#)

The service consists of:

- A helpline, which explains what the HHP service can provide and puts clients in contact with a doctor adviser;
- A network of doctor advisers, who ring the client within 24 hours to discuss their concerns;
- Access to a network of British Association of Behavioural and Cognitive Psychotherapies (BABCP) accredited counsellors;

Access to expert clinical support/opinion for all doctors and counsellors in more complex cases

The service is available by calling 0800 058 2738, visiting <https://www.hhpwales.co.uk/> or by emailing [HHPCOVID19@cf.ac.uk](mailto:HHPCOVID19@cf.ac.uk)

Staff can also access free online stress control tools at [www.stresscontrol.org](http://www.stresscontrol.org)