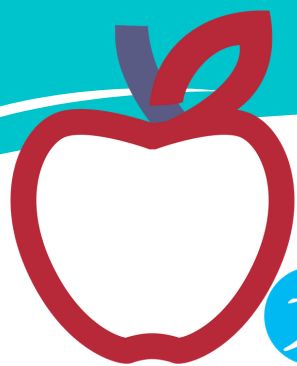


# YOUR WELLBEING IS CRUCIAL

There are resources available to support our staff.



Iechyd a Lles Staff



Staff Health & Wellbeing

To access support, call **01639 684568**  
or **44568** 9am- 5pm,  
Mon - Fri (excl. Bank Hols)

**SAMARITANS**

Free, confidential support line

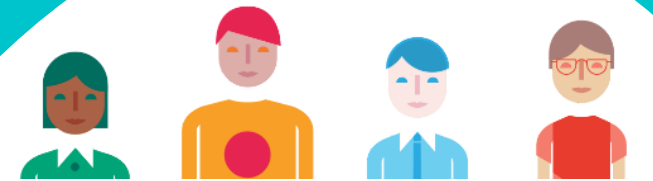
**0808 164 2777** (Welsh - open every evening, 7PM-11PM)

**0800 484 0555** (English - open every day, 7AM-11PM)



Health for Health professionals Wales (HHP) is a confidential and free, tiered model of psychological and mental health support.

Access via the self-referral form on the website (<https://www.hhpwales.co.uk/>) or via email **HHPCOVID@cf.ac.uk** or by phone **0800 058 2738** Mon-Fri 9am-5pm.



Silvercloud offers free, web based cognitive behavioural therapy programme. For more info and to access, go to the **Staff Wellbeing COVID-19 intranet page**.

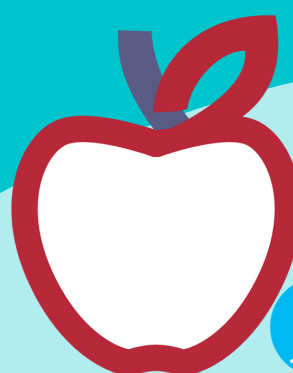
## Chaplaincy & Spiritual care

Informal drop in sessions are available across all hospital sites.

**01792 703301**

**SBU.chaplaincy@Wales.nhs.uk**

08:30am — 16:30pm. For out of hours support please ring switchboard to transfer you.



Iechyd a Lles Staff



Staff Health & Wellbeing

Visit the Wellbeing intranet page for many more support resources.



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Bae Abertawe  
Swansea Bay University  
Health Board