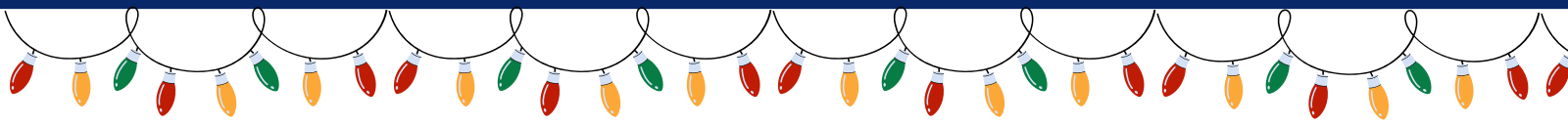


Alcohol and Drug Snapshot

December 2024



Click on images to download information



Staff Wellbeing at Christmas (and beyond)!

The festive period can be a difficult time for people that we support however this can also be a difficult time for staff. Personal, family or work challenges can often heighten stress levels and in times of stress its easy to forget to look after yourself.

There are a number of staff wellbeing supports available for anyone who may need them.

Staff Wellbeing Support



Staff Mental Health and Wellbeing Support Card provides information on the following:

- Money and Debt
- Foodbanks
- Mental Wellbeing
- Spiritual Care
- Home Energy Scotland
- Occupational Health
- National Wellbeing
- Leadership and Mentoring, Organisational Development and peer support



Let's talk about... is a series of Staff Wellbeing Webinars that offer information sessions to NHSGGC and HSCP staff with focus on various topics that are important to personal health and wellbeing. You can watch recordings of previous webinars and sign up to the various webinars available in 2025.



Peer Support is now available for all NHS and Health and Social Care Partnership (HSCP) staff across Greater Glasgow and Clyde as a way to support our colleagues. To talk to a peer supporter: email peer.support@ggc.scot.nhs.uk



Staff Support And Wellbeing – NHSGGC



Self Referrals and Counselling – NHSGGC 0141 277 7623

Other support available



Breathing Space advisors provide listening, information and advice for people in Scotland feeling low, stressed or anxious.



Samaritans offer free and confidential support 24 hours a day.