



## MONEY AND DEBT ADVICE

### Support and Information Services

Drop-in facilities are available at: Queen Elizabeth University Hospital, Royal Hospital for Children, Glasgow Royal Infirmary, New Victoria Hospital, Stobhill Hospital, Royal Alexandra Hospital, Vale of Leven Hospital, Inverclyde Royal Hospital.  
Call: **0141 452 2387**

Email: [sis@ggc.scot.nhs.uk](mailto:sis@ggc.scot.nhs.uk)  
Visit: <https://www.nhsggc.scot/sis>  
or scan the QR code



NHSGGC staff support web pages:  
<https://www.nhsggc.scot/allaboutmoney>  
or scan the QR code

NHSGGC Credit Union  
[www.nhsgcreditunion.com](http://www.nhsgcreditunion.com)  
or scan the QR code



Money Helper:  
[www.moneyhelper.org.uk/](http://www.moneyhelper.org.uk/)  
or scan the QR code



Unison support:  
<https://www.unison.org.uk/get-help/services-support/there-for-you/?amp>  
or scan the QR code



## FOODBANK

### The Trussell Trust

The main priority of the trust is ensuring the safety of everyone who comes to a food bank – whether it's someone needing help, someone volunteering their time, or someone making a donation.

For information on what to do if support is needed from a food bank  
<https://www.trusselltrust.org>

or scan the QR code



## SPIRITUAL CARE

The spiritual care team are professional chaplains who are person-centred, respectful and listen to and support ALL staff.

Our approach is mainly non-religious, pastoral support, including bereavement and emotional care. Support can be ad hoc or planned 1-2-1 sessions, via MS Teams or with staff teams i.e. in a Time to Remember event or a Values Based Reflective Practice session to support wellbeing.

Contact us if you need to talk and be listened to immediately and/or arrange a confidential appointment.

Our support is confidential, and we don't report back to anyone.

Many staff find a one-off conversation or on-going support helpful.

You can contact the on-call chaplain via Switchboard **0141 201 1100**

**Available 7 days a week**

**9am - 10pm • 365 days a year**



## NHS INFORM

### NHS Inform

Provides accurate information on a wide range of health topics.

[www.nhsinform.scot](http://www.nhsinform.scot)  
or scan QR code



Call: **0800 22 44 88**

**The helpline is available from  
9am-5pm Monday to Friday**



## OCCUPATIONAL HEALTH SERVICE

### Occupational Health

Service for staff who have any queries about their health in relation to their fitness to work.

Call: **0141 201 0600**  
**8am-6pm Monday to Friday**

### Occupational Health Mental Health & Wellbeing Team

An Occupational Health self-referral service for staff to access psychological support or treatment:

- A confidential staff support service
- Groups, self-help and 1:1 treatments
- Psychological First Aid
- Signposting and advice

- Telephone, Face to Face or 'Attend Anywhere' video sessions
- Evidence based Psychological treatment

To book a triage assessment or enquire call:  
**0141 277 7623**  
or email [MHCI@ggc.scot.nhs.uk](mailto:MHCI@ggc.scot.nhs.uk)

Please note, this is not a crisis or urgent response service, but deals with planned treatment only.



## HOME ENERGY SCOTLAND

### Home Energy Scotland

Worried about your energy bills or would simply like some advice about saving energy? Home Energy Scotland can help.

Call free on **0808 808 2282**  
**8am - 8pm Monday to Friday**  
(times will vary over holidays)  
Or email the Advice Team quoting  
**NHS GGC:**  
[adviceteam@sc.homeenergyscotland.org](mailto:adviceteam@sc.homeenergyscotland.org)

**Website:**  
<https://www.homeenergyscotland.org>  
or scan QR code

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Support  
Wellbeing  
&  
Health  
Staff Mental



THIS  
BOOKLET  
LISTS

Sources of support - visit our web pages for more information:  
<https://www.nhsggc.scot/staff-support-and-wellbeing>  
Or scan QR code





## MENTAL WELLBEING

Our online support includes a number of self-directed emotional wellbeing resources:

<https://www.nhsggc.scot/selfhelpforstaff>  
or scan the QR code



### Mindfulness:

<https://www.nhsggc.scot/mindfulness>  
or scan the QR code



### NHSGGC Mindfulness app

has audio recordings of guided practices and links to online resources. Download

the free app on **Google play store for Android and the App store for iOS.**

### Stress in the workplace

Speak to your manager on how you can be supported with work and non-work related stressors using the link to our Stress in the Workplace resource

<https://scottish.sharepoint.com/sites/GGC-SHaW/SitePages/Health%20%26%20Safety/A-Z%20Pages/StressintheWorkplace.aspx>  
or scan the QR code



## MENTAL WELLBEING

You can also find HSE support information here:

<https://www.hse.gov.uk/stress/>  
or scan the QR code



The **Helpline** provides a 24/7 service to those who need further psychological support.

Trained practitioners at NHS 24 offer a **compassionate and empathic listening service**, advice, signposting and onward referral to local services.  
**0800 111 4191**



Other resources available include:

**Breathing Space** free confidential phone line for those feeling down or anxious about anything:

Call **0800 83 85 87**

**6pm – 2am Monday to Thursday**

**6pm Friday - 6am Monday (24 hrs)**

[www.breathingspace.scot](http://www.breathingspace.scot)

or scan the QR code



## MENTAL WELLBEING

**HeadUp** is an on-line resource providing information on mental health problems and local services:

<https://www.nhsggc.scot/headsup>  
or scan the QR code



**Practitioner Health** is a confidential Mental Health support service for all regulated health and social care professionals.  
[practitionerhealth.nhs.uk](http://practitionerhealth.nhs.uk)

<https://www.practitionerhealth.nhs.uk/regulated-nhs-care-staff-in-scotland>



### Speak Up

If you have any concerns or issues at work that you want to raise, there are a range of ways that you can speak up or access support.

You can find out more information on our Speak Up pages on the intranet:

<https://www.nhsggc.scot/speakup>  
or scan the QR code



**I'M IN CRISIS NOW - If you are in distress please contact your GP (when your GP surgery is closed please call NHS 24 on 111), if in immediate danger call 999.**



## NATIONAL WELLBEING HUB

The **Hub** provides **self-care and wellbeing support** for everyone working in health, social care and social work. It enhances personal resilience and signposts to relevant mental health and support services.

[www.wellbeinghub.scot](http://www.wellbeinghub.scot)

The **Helpline** provides a 24/7 service to those who need further psychological support. Trained practitioners at NHS 24 offer a **compassionate and empathic listening service**, advice, signposting and onward referral to local services **0800 111 4191**.

### Workforce Specialist Service

Confidential mental health assessment and treatment for regulated health and social care professionals.

Delivered by experts with experience in treating a range of psychological and psychiatric conditions, with a focus on the impact this may have on a person's work:

<https://wellbeinghub.scot/the-workforce-specialist-service-wss/>

**Tel: 0300 0303 300**

or direct email: [prac.health@nhs.net](mailto:prac.health@nhs.net)

### Women's Health

79% of the NHSGGC workforce are female. Women experience various health needs throughout her life that are different to men. Information and resources on a wide range of women's health topics - including menopause - can be found on the women's health section of the Staff Health and Wellbeing site.

<https://www.nhsggc.scot/staff-support-and-wellbeing>  
and scroll down to

**Women's Health - NHSGGC**



## LEADERSHIP & MENTORING, ORGANISATIONAL DEVELOPMENT & PEER SUPPORT

### Leadership and Mentoring, Organisational Development and Peer Support

**Discover your potential with Leading to Change**

Leading to Change offers a range of Leadership development programmes, opportunities and supports for health, social care and social work leaders to help make a difference.

[www.leadingtochange.scot](http://www.leadingtochange.scot)

or scan QR code



### Let's Talk about

#### Staff Wellbeing Webinars

The Let's talk about Staff Wellbeing Webinar series offers short, information sessions to NHSGGC and HSCP staff with focus on various topics which we know are

important for personal health and wellbeing. Watch pre-recorded webinars, available on NHSGGC's SharePoint.

<https://scottish.sharepoint.com/sites/Letstalkabout.../StaffWellbeingWebinars/SitePages/LearnHome.aspx>

or scan QR code



The **Medical Peer Support** hub is there for GGC doctors whenever needed. It can be particularly useful after a crisis, incident or adverse event. Contact the Peer Support Network [peer.support@ggc.scot.nhs.uk](mailto:peer.support@ggc.scot.nhs.uk) with "Medical Peer Support" as the title and your enquiry will be dealt with in a confidential manner.

**Medical Mentoring:** Feeling stuck, frustrated, or unsure how to make your service better? Thinking of a new role? Is there a difficult situation in your department? Medical Mentoring offer an independent, confidential space to help formulate a way forward. If you're a doctor working in GGC then get in touch on [ggc.medicalmentoring@ggc.scot.nhs.uk](mailto:ggc.medicalmentoring@ggc.scot.nhs.uk)

### Peer Support Network

Peer Support is a way for us to receive support from a colleague who is able to provide time, space to talk and a friendly listening ear. People often find it easier to talk to someone with similar experiences, who can understand the situations that arise in a shared environment. Peer Supporters have attended training covering normal responses to stress, the

basic elements of Psychological First Aid, how to care for ourselves and how to support our colleagues.

You can explore these ideas in more depth through the module: *Looking after Yourself and Others* (NHSGGC Staff on Learnpro 'GGC 277') or *Introduction to Psychological Wellbeing and Peer Support* (HSCP staff on local eLearning platforms), or live in a 45-minute webinar (see the Peer Support Network webpage for upcoming dates). To speak to a Peer Supporter, please contact [peer.support@ggc.scot.nhs.uk](mailto:peer.support@ggc.scot.nhs.uk) To find out more about Peer Support, including how to become a Peer Supporter yourself, please visit:

<https://www.nhsggc.scot/peersupportnetwork>  
or scan QR code

