

Here for you... Staff Support during Covid-19

Information

Trust Covid-19 advice can be found at the link below

[COVID-19](#)

[Joined up care Derbyshire](#)

The Thrive app provides CBT, relaxation, mindfulness & distraction programmes.

Download from the app store & use code 'NHSDERBYS20' to access all the features

Resolve

Where something difficult has happened we have a team of psychologists and counsellors who can offer specialist trauma support. Email resolve@nhs.net to find out more or request support



Information on general Health and Wellbeing at

Chesterfield Royal Hospital [Intranet wellbeing pages](#)

You can access counselling support 24/7 using the email address below. A call back will be arranged.

assist@cic-eap.co.uk

Support

Enhanced Mental Wellbeing Support for Staff

We wanted to remind you about some of the existing support that is available to you and let you know about two new services which we have introduced in collaboration with our Joined Up Care Derbyshire partners.

CIC – Employee Assistance Programme

Our Employee Assistance Programme (EAP) includes psychological care for stress-related illness; and a range of other support services including confidential counselling, advice and support. You can access this support 7 days a week, 365 days a year. The advice is independent and completely confidential. Services include

- Counselling and Emotional Support
- Legal and Tax Advice
- Debt and Financial Advice
- Everyday Matters
- Family Care
- Management Guidance
- Well-online.co.uk (online and live chat)

Email: assist@cic-eap.co.uk (a return call will be arranged)

Visit: www.well-online.co.uk

Thrive Wellbeing App

We are pleased to introduce the Thrive App which is now available to all our staff. Thrive can track your mood and teach you methods to take control of stress and anxiety. It can help you to learn relaxation techniques like meditation and deep-breathing to help you cope better with stressful situations and manage negative thoughts.

Thrive is an innovative app that can help to identify and manage mental health conditions, while also providing advice on how to improve and maintain your mental wellbeing. Thrive can help to alleviate stress and anxiety. It gives you access to a Cognitive Behavioural Therapy (CBT) programme approved by the NHS and can be downloaded via Google Play or the Apple App Store .

Resolve

This provides Team / individual support after particularly difficult events, providing higher level support triaged by Resolve around trauma, resilience and coping mechanisms. Contact is made via the email address resolve@nhs.net

Wellbeing @ The Royal

The Wellness section of the intranet which has a wealth of general Health and Wellbeing information across various topics for our staff.

https://intranet.chesterfieldroyal.nhs.uk/staff_wellbeing/index

For general Health and wellbeing information at the Trust contact CRHFT.Wellbeing@NHS.net

Please see attached infographic for more detail.