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<b>Attachments</b>	No

## Freedom of Information Act Disclosure log - Reply Extract

### Introduction to our reply

In support of our staff, the Trust has a comprehensive in-house Occupational Health & Wellbeing service which includes:

- Counselling (including a weekly drop-in session)
- A multidisciplinary clinical team who provide advice on fitness to work including Wellness Recovery Action Plans; Phased Returns to Work and Workplace Adjustments to support members of staff back into work
- Stress management training for managers and staff
- Support for managers carrying out stress risk assessments
- Mediation at Work service

In addition, a range of wellbeing interventions include:

- Mental Health First Aid training for staff
- Annual presentation/talk to F1's and F2's by Occupational Health Consultant regarding GMC responsibilities and 'looking after yourself'
- Monthly Schwartz Rounds
- Health promotion of World Suicide Prevention Day; World Mental Health Day; National Stress Awareness Day and Mental Health Awareness Week
- Staff Health & Wellbeing events with focus on mental health
- Health Byte staff discussions on Managing Stress and Burnout

The Trust's Pastoral and Spiritual care team also offer a range of support to our staff.

### You asked

1. **Does the hospital trust have a staff support and counselling service? If yes, what is it called? e.g. the Staff Support and Counselling Service**

Yes; the service is provided by the Counselling and Mental Health team who are an integral to the Trust in-house Occupational Health and Wellbeing service.

**Please clarify whether the service is specifically for staff wanting support with work related issues, or whether they can access the service for any personal issues unrelated to work.**

Staff can access the service for work related and/or personal issues.

2. **How many staff members used the service in 2017, 2016 and 2015?**  
**Please give a total figure for each of the three years.**  
**If the trust manages more than one hospital, please give a breakdown per hospital, per year.**

Year	Number of Staff Members who used The Support and Couselling Service
2015	663
2016	645
2017	865

3. **If time allows, please give a breakdown of the reasons staff are accessing the service, e.g. for stress, depression etc.**

Unfortunately, we do not have the data recorded to provide this level of detail.

**Attachments included:** No