



Dear colleague,

We know that the pandemic has had a huge impact on primary care services which routinely support around 90% of patient contacts in the NHS. Although many of the current challenges in general practice predate Covid 19, we recognise that people working in Primary Care, in all roles, are feeling unprecedented pressure to meet the needs and manage the expectations of service users, while working in very different ways. With this in mind, we want to raise awareness of a service that is available to everyone, free of charge, who works as part of your team.

The West Yorkshire and Harrogate Health and Care Partnership Staff Mental Health and Wellbeing Hub offers a range of support, from rapid access to confidential one-to-one therapy through to easily accessible local self-help resources available via our website. These include Wellbeing Workshops, E-Learning modules and Wellbeing Check-ins as well as opportunities to undertake coaching and peer support training.

The enclosed newsletter outlines some of these services and we would ask that you share it with your colleagues so that they can take up the opportunity to get the help and support they need for their mental health at this most difficult of times.

All of our services are free of charge, including the programmes of one-to-one therapy and we aim to give people their first appointment with a therapist within five working days of contact. All that people have to do is complete a self-referral form at <https://workforce.wyhpartnership.co.uk/self-referral>, or contact us on our support line **0808 196 3833**, 8am – 8pm every day of the week to start the process. All contact with our service is completely confidential.

The newsletter also contains a QR code which takes the reader through to our website where they can find the self-help resources. There are also resources on the website for team leaders and managers, and resources for people from ethnic minority backgrounds.

If you have any questions or would like to receive more copies of this newsletter, please do not hesitate to contact us on [bdcccg.wyh.mentalwellbeinghub@nhs.net](mailto:bdcccg.wyh.mentalwellbeinghub@nhs.net).

If you do not wish to receive future mailings from us, please email us on the above address to let us know.

Yours sincerely,

**Dr Nigel Wainwright**

**Consultant Clinical Psychologist**

Joint Clinical Lead for the Staff Mental  
Health and Wellbeing Hub

West Yorkshire and Harrogate Health  
and Care Partnership

**Dr Kerry Hinsby**

**Consultant Clinical Psychologist**

Joint Clinical Lead for the Staff Mental  
Health and Wellbeing Hub

West Yorkshire and Harrogate Health  
and Care Partnership

