

Call 0808 196 3833 (8am to 8pm)
Visit workforce.wyhpартnership.co.uk
Email bdcccg.wyh.mentalwellbeinghub@nhs.net



West Yorkshire and Harrogate
Health and Care Partnership
Mental Health and
Wellbeing Hub



Dear colleague,

We know that the pandemic has had a huge impact on people working in care homes, one of the most valuable sectors of our workforce. With this in mind we want to raise awareness of a service that is available, free of charge, to everyone who works as part of your care home team, whether Local Authority or privately owned, including volunteers.

A free, confidential, Staff Mental Health and Wellbeing Hub offering a range of support, from rapid access to one-to-one psychological therapy to easily accessible self-help resources is now available across West Yorkshire. This service is part of the West Yorkshire and Harrogate Health and Care Partnership, with resources available on our website and is additional to any regular wellbeing support available to you through your own organisation.

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 contact us on our support line 0808 196 3833, 8am – 8pm every day of the week to start the process. All contact is completely confidential.

The newsletter 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. We are preparing a pack of printed materials that you can share with your teams and will mail those to you at the beginning of September.

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

