

# YOUR MENTAL HEALTH MATTERS



## EMPLOYEE ASSISTANCE PROGRAMME

Our Employee Assistance Programme provides online, telephone and face-to-face support. Call 0800 030 5182 or access the 'Health e-Hub' mobile app for support on-the-go. Alternatively, search 'Employee Assistance Programme' on the staff intranet.



## EXTERNAL SUPPORT

The Staff Wellbeing site offers a range of external support for staff to access. The Samaritans for example are available by phone 24 hours a day, 365 days a year - just call 116 123. SHU staff also have access to the Big White Wall, an online community offering support in a safe and anonymous space.



## THE MENTAL HEALTH HUB

Our Mental Health Hub includes a range of online resources for managing stress, overcoming anxiety and maintaining a work/life balance. There's also information on how you can book onto the mental health courses offered at SHU, you can find all of this and more on the Staff Wellbeing intranet.



## HEALTH AND LIFESTYLE WORKSHOPS

The University offers a range of support for those seeking a healthier lifestyle. There are several workshops focusing on issues such as eating healthily and sleeping better, you can also book a one-to-one consultation for a free overall health check. Search 'SHU Wellness' on the staff intranet.



## CHAPLAINCY & STAFF COUNSELLING

If you need a listening ear to talk to someone in confidence, the Wellbeing team offer appointments with trained counsellors where you can discuss anything that is going on in your life. Alternatively, you could access support from the Multifaith Chaplaincy, both are accessible via the staff intranet.



## MENTAL HEALTH CHAMPIONS

DTS have a group of volunteers acting as a point of contact if you, or those around you, are experiencing mental health issues or a time of distress. Whilst our Champions can provide a listening ear for initial support and signposting, please be mindful that they are not trained counsellors. Simply scan the QR code to the left with your camera app for more details.