

PRIORITY

wellbeing support for NHS and social care staff in Devon

We are offering priority access to our wellbeing service to NHS staff and social care staff in Devon who may be struggling during the impact of coronavirus (COVID-19).

Are you feeling stressed and overwhelmed? The current coronavirus pandemic is putting immense pressure on all our frontline NHS and social care staff. The effort is heroic but no one is invincible.

We are here to help with support that is accessible, flexible and we hope, immediately helpful at this time of crisis, enabling you to build resilience in these difficult times.

Our offer to you

Do you need individual support with your wellbeing?

TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

Self-refer to TALKWORKS online at
TALKWORKS.dpt.nhs.uk
or call

0300 555 3344

Appointments will either be on the phone or through digital platforms.
TALKWORKS is an existing NHS service offering psychological support for individuals.



@DPT_NHS
@DPT_TALKWORKS

www.dpt.nhs.uk
www.TALKWORKS.dpt.nhs.uk

Are you experiencing difficulties within your team, or does your team need support?

**Workplace
Support Service**

Contact our Workplace Support Service who can offer group support to teams, particularly after a traumatic event.

Email: dpt.od@nhs.net

Available 8am-8pm, 7 days a week.

If you live in Plymouth please visit Livewell Southwest at www.livewellsouthwest.co.uk/