

Let's check in with each other

- If you were the weather how are you feeling right now ?
- A note on psychological safety
- We are here to listen , honour and support
- Traumatic incidents affect us emotionally and physically and can affect our practice
- All our feelings and experiences are valid
- We are all unique and react, respond, process and heal differently
- We bring our whole selves to work and take our whole selves home
- Research tells us talking helps
- Additional support is available

Weather Check-In



Sunny



Partly Sunny



Partly Cloudy



Sun & Rain



Raining



Thunderstorms



Snowing



Cloudy



Windy



Rainbow

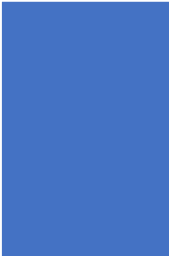


Tornados / Hurricanes




Clear

Support for staff in Children's services:




Link for Info about health assured APP and counselling
[Employee Assistance](#)
24/7 confidential Counselling phone line
0800 716 017



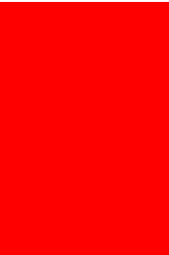
[Wellbeing Portal](#) on the intranet – loads of info , links and services in themes topics - health , mental health , financial health , bereavement ,Domestic abuse , substances , fitness



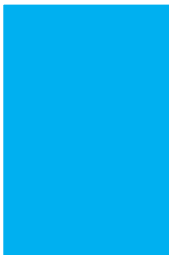
Link to book on to the Stephen Mordue 'How to thrive' workshops and E Book link
[Durham Learning and Development – Log In](#)



Staff networks for peer support – ask Shelley Gill and she will send you the invites :
Black and ethnic staff
LGBT staff
Staff with disabilities
Staff who are carers



Traumatic incident response - debrief , reflective sessions or specialist counselling following a traumatic incident in casework – for individuals or whole staff teams



Coaching offer for our Black and ethnic staff

Health assured app –

If you use playstore to get your apps search health assured - The app is called 'Health assured my health advantage' and looks like a blue square with a HA smile in it - its free and asks for a code when you first log in which is **MHA042951**.

The app has a whole range of services/trackers and info on it. Health assured offer a free phone confidential counselling line and can also offer video counselling sessions with qualified counsellors – confidential and minimal waiting lists so people can access counselling support from qualified experienced counsellors at the right time. It really is a very good staff wellbeing offer.

Your health and wellbeing solution

Download on the App Store

GET IT ON Google Play

QR Code

'My Healthy Advantage' health & wellbeing app

Improve your mental and physical health with our:

- ✓ Weekly mood trackers
- ✓ Four-week plans
- ✓ BrightTV
- ✓ Mini health checks
- ✓ Wellbeing videos
- ✓ Live chat

Smartphone interface showing: Good morning, Harry, Friday, September 25, BrightTV Episode 1 - Dame Kelly Holmes, Mood Tracker, Recent articles.