

In support of our action against COVID-19, we must ensure that all staff and volunteers, irrespective of where they work, have access to the information and support they may need over the coming months and that everyone's contribution is valued and appreciated. The Take 5 message is for everyone and has been adapted to help address staff and volunteer health and wellbeing needs.

Connect
CONNECT
YOU ARE NOT ALONE
 None of us have been here before and we are all a little afraid
SEEK HELP

Be active
BE ACTIVE
LOOK AFTER YOURSELF PHYSICALLY
 EAT WELL
 DRINK WATER
 MOVE YOUR BODY
 SLEEP

Take notice
TAKE NOTICE
YOU ARE STRONGER THAN YOU THINK
 STOP, BREATHE & then THINK
 Pause, take a moment to be still
 Stop, breathe - this too will pass

Keep learning
KEEP LEARNING
EMBRACE THE CHALLENGE
 We will all learn new things about ourselves, about each other, about how we work, about how we play, about how we live

Give
GIVE
KINDNESS WILL HELP US THROUGH
 Look after each other
 &
 Look after yourself

TAKE 5 AGAINST COVID #CompassionateCare #InItTogether

With our usual connections on hold for the moment, it is so very important that Health and Social Care staff and volunteers look after their own physical, mental and emotional wellbeing. All Health and Social Care organisations want to help with this.

Supporting the Wellbeing Needs of our Health and Social Care Staff During COVID-19: A Framework for Leaders and Managers

A new framework has been developed and produced in partnership with the Trusts, PHA, HSCB, Department of Health and the Health Trade Unions. It guides leaders and managers of services to respond positively to the demands being placed on their staff. The framework captures the great initiatives that are already being taken by Trusts and other service providers and builds on them. The content on this website also signposts leaders, managers and staff to the best health and wellbeing resources and ideas.

As we travel this journey together, let us help each other stay true to our HSC values with compassionate care at the forefront of everything we do. Stay safe, look out for each other and look after your health. This is temporary - there are brighter days ahead.

[Click here for more information.](#)

#InItTogether

Psychological helplines

All Psychology Helplines are open to staff from within the Trust, local GP practices, and Independent Care Providers.

While all NIAS Occupational Health Services are provided from BHSCT, each Trust has agreed that local NIAS staff can also avail of the local Trust helpline.

Northern HSC Trust

028 9441 3644

Monday to Friday - 9am to 5pm

South Eastern HSC Trust

02892 501 332

Monday to Friday - 9am to 5pm

Southern HSC Trust

028 3756 2600

Monday to Friday - 9am to 5pm

Western HSC Trust

028 7161 1281

Monday to Friday - 9am to 5pm

Belfast HSC Trust

028 9615 1888

Monday to Friday - 9am to 5pm

Any staff working in a HSC organisation with access to the Inspire Employee Assistant Programme can contact Inspire 24/7 via their Helpline on **0808 800 0002** for telephone support or referral into structured telephone video e-counselling.

Anyone who is in crisis and experiencing distress or despair can call the Northern Ireland crisis response helpline, Lifeline, on **0808 808 8000**.

Resources to support health and wellbeing

Each of the Take 5 messages align to a suite of health and wellbeing resources categorised as follows;

[Looking after your team - resources for managers](#)

[Looking after your psychological wellbeing - resources for supporting your mental health](#)

[Looking after your physical health and wellbeing](#)

[Looking after your family - resources for children and young people](#)

[Supporting people with learning disabilities and/or autism](#)

[Click here for more information.](#)



Downloads

Attachment

Size

[HSC_Regional_Staff_Wellbeing_Framework_0.pdf](#) 895.73 KB

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