



Support & Wellbeing

Self-Help Aids

Grampian Resources;
NWH; NHS Inform; TURAS



Headspace; Calm; SAMH



Wellbeing Apps & Online Programmes



Healthy Working Lives

An online platform developed by Public Health Scotland in partnership with organisations across Scotland. The platform provides resources to help employers to promote mentally healthy workplaces and support workers' mental health by signposting sources of free guidance and support.



CBT Services

Online programmes accessible anywhere and anytime that were developed to help people experiencing stress, depression and/or anxiety. Accessible via referral from your GP practice. Employees in Grampian can also be referred to this service via the Wellbeing Hub.



Occupational Health



Go Health Services Wellbeing Hub: Time-limited counselling, CBT, and Psychology sessions for staff experiencing personal or professional difficulties which may impact their workplace functioning

Phone: 01224 (5)55749

The National Wellbeing Hub

A website designed for everyone working in health, social care and social work in Scotland. It's a place full of ideas on how to stay well. Including: resources to access High Intensity Cognitive Behavioural Therapy & Clinical Psychology.

Helpline: 0800 111 4191



Tea and Empathy

Voluntary sector support - specifically for doctors/health professionals. A national, informal, and private peer-to-peer Facebook support network aiming to foster a compassionate and supportive atmosphere throughout the NHS



NHS Practitioner Health and the Workforce Specialist Service (WSS)

Offering telephone/video consultations for health and social care staff with professional registration. A confidential and multidisciplinary mental health treatment service



Royal College of General Practitioners Wellbeing Resources



Grampian Local Medical Committee



Counselling Services

Follow the QR code to access a variety of resources which can offer counselling to the following areas:



Scotland/Nationwide



Grampian



Aberdeen/Aberdeenshire



Moray



Orkney

Nurse Listening Service

A peer-support service for nurses, midwives, healthcare support workers, and the friends and family of such personnel, whilst raising awareness of mental and emotional wellbeing. Monday - Friday 7pm - 10pm

Tel: 0808 801 0455





Support & Wellbeing

Wellbeing Services for Doctors



APPNE
BAPIO
BBC News documentary
Black Medical Society
BMA



Healthcare Workers' Foundation
Hope 4 Medics
Jewish Medical Association
MANSAG
Medical Women's Federation



CamDocUK
Catholic Medical Association
Christian Medical Fellowship
Disabled Doctors' Network
Doc Health

Mental wellbeing audio guides – NHS
Our Frontline
Practitioner Health Programme
Royal College of Emergency Medicine
Royal College of Psychiatrists



Doctor Support Network (DSN)
Doctors.net
Doctors' Support Group
First5s
GLADD



Royal College of Surgeons
Sick Doctors Trust
Sikh Doctors & Dentists Association
UK Health Professionals with Hearing Loss
Wellbeing Fund | Melanin Medics

Services by Location

Aberdeen City



Aberdeen City Council Crisis Support Line
Mental Health Aberdeen
Penumbra; Alcohol and Drugs Action Aberdeen
Aberdeen City Council

Aberdeenshire



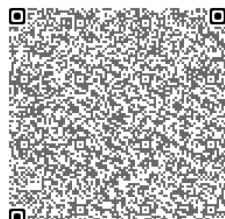
Aberdeenshire 1st Response
Aberdeenshire Council EAP
Grief, Loss & Bereavement Support
My Life Dynamic

Moray



Employee Assistance Programme
Scottish Welfare Fund
Community Listening Scheme

Community Response Team Support (Elgin)
Value Based Reflective Practice
Moray Council intranet



Pillar Kincardine
Networks of Wellbeing
Quarriers | Unpaid Carers Support
Aberdeenshire Council Intranet



Other Wellbeing Resources for All Staff



GMC website
GP Wellbeing
North of Scotland GP Training
NoSDoc : North of Scotland Doctors



Rediscover the Joy of General Practice Scotland (rcgp.org.uk)
Scottish Rural Medicine Collaborative
SIGN



The GP Retainer Scheme in Scotland
The Workforce Specialist Service
Welfare advice and health partnerships
Wobble Line

Nurses:

Royal College of Nursing
Mental Wellbeing
Rest, rehydrate, Refuel
Time and Space



RCN Counselling Service
Health and Care Professionals:
Health and Care Professions Council
Coalition of Care and Support Providers in Scotland
Scottish Care

Pharmacists:

One-to-one Support
Royal Pharmaceutical Society
Pharmacist Support
The Mental Wealth Academy



General
The Mental Health at Work Commitment
Grampian Local Medical Committee Ltd.
RMBF Rightsteps
MIND Wellness Action Plans
NES Coaching for Wellbeing