



STAFF WELLBEING – EASY TO ACCESS SUPPORT

A MESSAGE FOR ALL STAFF

Your wellbeing is so important to us as a practice and to the NHS. Professional confidential support that is easy to access and responds to your personal needs is really important.

This is why, on behalf of all the practices in Derbyshire, GPTF has commissioned two services that you can use freely without having to ask anyone.

CiC Employee Assistance Programme

This offers **24/7 telephone helpline support** to staff and family members over 16. All their staff are clinically trained and there is a raft of support available such as carer support, debt and finance counselling, legal advice (similar to Citizens Advice Bureau) and a package of **one to one telephone counselling for up to 6 sessions**.

Contact using assist@cic-eap.co.uk and include the following information: -

- Name
- Organisation you work for
- Contact phone number
- The best time to receive a return call (preferably with a 2-hour time window)
- A brief sentence on the reason for calling

Or Freephone **0800 085 1376**

Access to online information through their website:

Login using: www.well-online.co.uk

Username: DTlogin

Password: wellbeing

Thrive

Thrive: Mental Wellbeing App

- A clinically effective app for the prevention, screening and management of anxiety, depression and stress
- Free to access for all staff
- Download the Thrive: Mental Wellbeing App from your Apple or Android App store
- Sign up using your e mail address and a password of your choice
- Access using NHS DERBYS20