



Wellbeing Resources & Support

Scottish Ambulance Service Specific

- **Scottish Ambulance Service Intranet - @SAS** – provides updates, guidance and briefings with a dedicated wellbeing section outlining available resources and support
- **Employee Assistance Programme – Help** – employee counselling service provided by trained counselling & welfare practitioners
Available to: All Scottish Ambulance Service staff & family members residing at home address
Phone: 0800 032 9849 Access 24hrs a day, 7 days a week
Information and guidance can also be found on their website at <https://sgcp.helpeap.com/>
- **Occupational Health** – confidential service for health or work-related health issues via both self or management referrals
Available to: All Scottish Ambulance Service staff
Phone: 0131 275 7890 (Then press Option 1) Access Monday – Friday 9am – 5pm with voicemail service operating out with these hours
Email: nss.sasoccupationalhealth@nhs.net
- **Be Mindful** – online mindfulness course to improve mental health & wellbeing
Available to: All Scottish Ambulance Service staff
Register for programme at <https://www.bemindfulonline.com/scottish-ambulance-registration>
- **Feeling Good App** – series of 12 audio tracks with essential skills to improve mental & physical health and build personal resilience
Available to: All Scottish Ambulance Service staff
Download App from your App store onto your phone/tablet 'Feeling good: positive mindset' (Blue sky & sun logo)
Unlock tracks with username: sas9102 and password: positive
- **Chaplain** – confidential listening service to support staff (regardless of religious belief or not)
Available to: All Scottish Ambulance Service staff
Phone: Deacon Michael Ross on 07929 012 832 at 6pm – 10pm weekly on Mondays, Tuesdays & Wednesdays
- **RUOK?** – information and resources on intranet @SAS regarding how to support your own and colleagues mental health & wellbeing
Available to: All Scottish Ambulance Service staff
Access at: <http://sas/RUOK/Pages/default.aspx>

National Ambulance Service & wider Emergency Services

- **The Ambulance Service Charity (TASC)** – mental, physical & financial support for ambulance service staff
Available to: All ambulance service staff nationally
Freephone: 0800 1032 999 10am – 4pm 7 days a week with voicemail service out with these hours
Email: support@theasc.org.uk
Website: <https://www.theasc.org.uk> for further information
- **Mind** – mental health support for emergency services staff
Available to: All emergency services staff
Infoline: 0300 123 3393 Information and signposting service 9am – 6pm Monday – Friday
Email: info@mind.org.uk
Website: <https://www.mind.org.uk>

NHS Specific

- **Listening Line** – listening service & emotional support for NHS staff provided by Samaritans
Available to: All NHS staff nationally
Phone: 0300 131 700 Access 7am – 11pm 7 days a week
Calls can be made to the Samaritans on 116 123 out with these times or any time 24/7
- **Bereavement & loss support line** – bereavement & loss support line for NHS staff
Available to: All NHS staff nationally
Phone: 0300 303 4434 Access 7am – 11pm 7 days a week

COVID-19 Specific

- **LLTTF – Living Life to the Full** – wellbeing resources for staff & their families during COVID-19
Available to: All health & social care staff and their families
Website: <https://lltff.com/corona/>
Free access to wellbeing courses on website until June 2020 with code: nhsstaff Access at: <https://code.lltff4.com/>
- **7 Evidence based tools for frontline staff** – tools to support health & wellbeing produced by Oxford Centre for Anxiety Disorders & Trauma
Available to: All health & social care staff
Website: <https://oxcatresources.com/covid-19-resources/>
- **Video regarding coping with stress associated with COVID-19** – message to NHS staff to help alleviate pandemic related stress and anxiety produced by University College London



**Scottish
Ambulance
Service**
Taking Care to the Patient



Available to: All health & social care staff

Access at https://www.youtube.com/watch?v=WFWvkjJ755Y&feature=emb_title

- **COVID-19 & mindfulness** – a large number of resources based on mindfulness practice

Available to: All health & social care staff

This document will be updated continually with the latest version on this link:

<https://www.themindfulnessinitiative.org/covid-19-mindfulness-resources-for-health-and-care-staff>

- **Clear your head** – practical tips & ideas for health & wellbeing during COVID-19

Available to: All health & social care staff

Access at <https://clearyourhead.scot/>