**Somerset Emotional Wellbeing Colleague Resilience Hub – for YOU! Andrew Tresidder 7th June 2021**

**What this means for all staff in Primary Care (and Secondary, Care Homes and Voluntary Sector)**

**WELCOME** to You All! The Resilience Hub is delighted to announce [www.somersetemotionalwellbeing.org](http://www.somersetemotionalwellbeing.org) resource and the dedicated Colleague Support Line are now live!

So whether you are a Somerset GP, Practice Nurse, Nurse Practitioner, HCA, Paramedic Primary Care Practitioner, Receptionist, Practice Manager, Pharmacist or Pharmacy Technician, admin, PCN Manager or PCN Staff, you now can access both the website, and the Colleague Support Line. (Apologies, I know I have forgotten someone – but you are included too!)

#### [www.somersetemotionalwellbeing.org](http://www.somersetemotionalwellbeing.org) – type in Primary Care – and you’ll see this as first message [SEW Colleague Support Line – Call Now On 0300 124 5595](https://somersetemotionalwellbeing.org/)

If you need to talk, you can call our dedicated, confidential Colleague Telephone Line for help with a trained professional. If you need further support after your initial conversation you can be referred for a one-off rapid access counselling session with a psychologist or counsellor. No waiting list! If you need further help we will make sure you see the right person. Call us now on 0300 124 5595 (available seven days a week, from 09:00 to 17:00)

Lots of other resources are available on the suite, which signposts to support!

A **confidential Colleague Support Line (0300 124 5595)** has been set up toprovide people with direct access to a **trained professional**, who can refer individuals to one-off rapid access counselling sessions with a psychologist or counsellor, if required.

The **SEW** [**website**](https://somersetemotionalwellbeing.org/) has been co-produced to ensure that no one feels excluded and to encourage colleagues from across the health system, including volunteers from social care, care homes and the voluntary sector, to engage with the hub. You can quickly filter support options available to you based on where you work or how you are feeling.

The site encourages feedback on how useful the resources and services are. Please also fill in the Emotional Wellbeing survey to tell us how you are feeling – or visit the online moderated peer support forum for health and care staff in Somerset. There’s more too on the website = PLEASE EXPLORE the **SEW** [**website**](https://somersetemotionalwellbeing.org/)

SEW is also the home of the [**SEW podcast**](https://somersetemotionalwellbeing.podiant.co/), **a free weekly show** hosted by **Dr. Andrew Tresidder** and **Dr. Peter Bagshaw**. Each episode features a different topic related to **mental health** and **emotional wellbeing** and special guests frequently join the doctors to discuss key topics and areas of concern

Welcome, please use the site and telephone line, and Go Well! Best wishes to you all – Andrew Tresidder

Optional read: In case you’d like to know more, here is some background

Since the start of the pandemic, we’ve realised how important the wellbeing and resilience of health and care colleagues across the Somerset is. While most Somerset organisations have been able to provide their colleagues with relevant health and wellbeing support it was agreed that developing a single place where anyone can access the support they needed was important.

A cross-organisational **Pastoral Care for Frontline Staff** cell was set up last year. This group, comprised of secondary and primary care colleagues, the Voluntary, Community and Social Enterprise sector (VCSE), care providers, Somerset County Council (SCC), the Local Medical Council (LMC) as well as hospices and pharmacies, who all came together to work out how to better support their colleagues.

We worked together to consider what national and local support was available to everyone and how to ensure everyone had access to the relevant support for them, no matter where they worked.

After successfully bidding for funding from NHS England, the **Somerset Emotional Wellbeing (SEW) Colleague Resilience Hub** was created and **is now live!** It is available to anyone working or volunteering in health and care in Somerset, helping people to quickly find the relevant support and advice they need. [www.somersetemotionalwellbeing.org](http://www.somersetemotionalwellbeing.org)

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This is a big step toward providing more joined up and equitable support and care for colleagues across the county. Please take some time this week to check out the support available to you. If you have any questions or feedback about the website, please contact **david.sealey@nhs.net**