

# COVID-19

## STAFF WELLBEING HAS BEEN EXTENDED TO SUPPORT STAFF DURING COVID 19



We have an extended variety of electronic personal and management resources via the web pages:

**COVID webpage | Employee wellbeing webpage**

Please also call **02920 744 465** or email  
**Employee.wellbeing@wales.nhs.uk** for:

- Quick access to telephone support and signposting to useful resources to help you to cope well at work
- Support after witnessing traumatic events at work

Options to go on to:

- Brief psychological and counselling interventions
- Ongoing supportive sessions to help you support your staff
- Referral in to specialist support



Lines are open Monday-Friday 8am-8pm



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