

Staff Mental Health and Wellbeing Hubs

Communications pack

Introduction

Staff mental health and wellbeing hubs have been set up during the COVID-19 pandemic to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. Their roll out was [announced](#) in February 2021, with 40 hubs set to open across the country. All of these hubs are now live.

The hub offer is confidential and free of charge for all health and social care staff.

The hubs can provide colleagues with a clinical assessment and referral to local service enabling access to support where needed, such as talking therapy or counselling. It is separate and confidential from their organisation.

It is open to all health and social care staff, from all services and settings regardless of whether they are dealing directly with COVID-19 patients or not. Staff can self-refer or refer a colleague (with their consent).

How you can get involved

This toolkit provides messages and assets to support regional and mental health trust communications teams promote their local staff mental health and wellbeing hubs and encourage staff to seek support if they need it. You can promote your local hubs in the following ways:

- Posting on social media – we have a collection of visuals, including a number with quotes from colleagues who have been supported by a hub, that you can use on your channels.
- Promotion in your internal publications; share our email banners with colleagues to use on their email signatures; use our screensavers to promote the hubs on your organisation's computers.
- Sharing our posters around your organisation and promote the hubs in your external communications.

Key messages for health and social care colleagues

The NHS is here for you.

If you are going through a difficult time, you are not alone, and help is available.

There is a **staff mental health and wellbeing hub** in your local area which can provide you with the support you need, and help you feel better. It is open to all health and social care colleagues.

The hub offer is free of charge. It is separate and confidential from the organisation you work in. You can self-refer or refer a colleague (with their consent).

Your local hub can support you with a wide range of mental health issues impacting your professional and personal life:

- Covid-related concerns such as long covid, anxiety or stress related to factors caused by the pandemic.
- Work-related concerns such as redeployment, moral injury, difficult working conditions.
- Emotional wellbeing/mental health concerns, including exhaustion/burn out, trauma, depression, anxiety.
- Personal circumstances such as bereavement, relationship issues, lifestyle changes, underlying health conditions.

The hub can offer you a clinical assessment, and if needed refer you to local services, such as therapy or counselling, where you will get the support you need.

Over the last eight months alone, hubs across the country have been accessed over 32,000 times, by clinical and non-clinical staff members. And we want to help you too.

If you are unsure whether you need help, or whether your concern is 'big enough', remember no problem is too small.

For information on the hubs including how to access your local hub please go to: <https://www.england.nhs.uk/supporting-our-nhs-people/staff-mental-health-and-wellbeing-hubs>

Staff can also access the [current staff wellbeing offers](#) or [talking therapies](#), and everyone including health and social care staff can access mental health advice and support from their GP.

Visuals and assets

A collection of visuals and assets has been created for you to use to promote your local staff mental health and wellbeing hubs on your channels and within your organisations. This includes:

- Social media graphics
- Posters
- Email signature banners
- Screensavers

These visuals can be downloaded from the [Future NHS Collaboration platform](#) or in the zip folder sent alongside this pack.

We also have a [case study video on YouTube](#) for you to use on your channels. In the video, Sam, a colleague from an NHS trust, shares her experience of gaining support from a Staff Mental Health and Wellbeing Hub.

Suggested social media posts

- Your local Staff Mental Health and Wellbeing Hub is here for you if you're going through a difficult time and need support. Find out more at england.nhs.uk/supporting-our-nhs-people/staff-mental-health-and-wellbeing-hubs
- If you are going through a difficult time, you are not alone and help is available. Your local Staff Mental Health and Wellbeing Hub can provide you with the support you need. Find your hub at england.nhs.uk/supporting-our-nhs-people/staff-mental-health-and-wellbeing-hubs
- Our Staff Mental Health and Wellbeing Hubs provide free confidential support to any colleague going through a difficult time. Find your local hub at england.nhs.uk/supporting-our-nhs-people/staff-mental-health-and-wellbeing-hubs and refer yourself or a colleague.
- Staff Mental Health and Wellbeing Hubs are open to all health and social care colleagues who are going through a difficult time and need support. Find your local hub at england.nhs.uk/supporting-our-nhs-people/staff-mental-health-and-wellbeing-hubs