

### **Employee Wellbeing Guidance**

Through the HR SLA at Northumberland County Council, you receive access to our range of health and wellbeing support. This encompasses the following:

#### **Occupational Health Service**

Since April 2016, Northumberland County Council and Northumbria NHS Healthcare Foundation Trust have operated a shared Occupational Health Service. This is SEQOHS (Safe, Effective, Quality Occupational Health Service) accredited and through this service, appointments are available with trained Occupational Health Nurses and Physician. Referrals through this service are also possible to Counselling, Psychology and Physiotherapy practitioners within Northumberland.

#### **Counselling Helpline**

Northumberland Council Council subscribes to the DAS Personal Counselling Helpline (Telephone 0117 934 2121 - *Calls charged at national rates*). DAS will provide a confidential counselling service to any employee over the telephone. To access the service, please telephone the number shown above and quote the policy number: HL/3856205. All calls will be dealt with in strictest confidence.

#### **Chaplaincy and Independent Listening Service**

The faith and chaplaincy team are trained volunteers licensed by the Diocese of Newcastle, and can offer support through a listening service. They have experience of providing pastoral and spiritual support to people of all faiths and of no faith. They can support with personal issues of concern that might arise within or outside the workplace. The service supplements existing support for colleagues while being separate from the council's formal procedures. The volunteers will also be able to signpost staff to other faiths and denominations and views via the Churches Together Group, the North East Regional Faith Network or the local Humanist Group and will be supported and guided by the work of the Industrial Mission Association. The team can be contacted by email in the first instance - ([chaplains@outlook.com](mailto:chaplains@outlook.com)) or Rev Simon White can be contacted via 07983411485.

#### **Education Support Partnership**

You can also access support and counselling from a free helpline 08000 562 561.

The helpline is available to all teachers, lecturers and staff in education (primary, secondary, further or higher education) in England, Wales and Scotland 24/7, 365 days a year.