

WELLBEING SUPPORT FOR FIFE HEALTH & SOCIAL CARE WORKERS

Caring for the people who care for people

WELLBEING SUPPORT

Access Therapies Fife
www.accesstherapiesfife.scot
nhs.uk/hsc-staff-support-for-my-wellbeing/
National Wellbeing Hub
<https://wellbeinghub.scot>

THERAPEUTIC SUPPORT

Psychological Therapy –
Access Therapies Fife
www.accesstherapiesfife.scot
nhs.uk/hsc-staff-talk-to-someone/
Counselling (NHS Fife
Occupational Health)
Telephone 01592 729870
Workforce Specialist Service**
Telephone 0300 0303 300

PEER SUPPORT

All NHS Fife staff:
fife.staffpeersupport@nhs.scot
Medical staff:
fife.medicalpeersupport@nhs.scot
Critical Care staff:
fife.criticalcareps@nhs.scot

A list of contact details for
Peer Supporters are available
on Stafflink.

SPIRITUAL CARE SUPPORT

Staff Listening Service
Text 07813340137
NHS Fife Duty Chaplain
Telephone 01592643355

STAFF SUPPORT LINES

National Wellbeing Helpline
Telephone 0800 111 4191

*available to NHS staff

**available to regulated health and social care staff

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