



# The Wellbeing Line

SELFCARE IS NOT SELFISH



## You don't need to struggle in silence

We offer confidential mental health and wellbeing support for **anyone working in health and social care in Gloucestershire - no matter your role**. The service is free and is completely independent of your employer.

### Types of Support

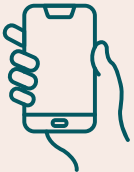
- Support for individuals
- Support for teams
- Consultation for team leaders / managers

No problem is too small.

If you are feeling overwhelmed or stressed, worried, anxious or low in mood - if you are not sleeping well or you just don't feel like your usual self - reach out.

### A Compassion-Focused Approach

The Wellbeing Line's work is guided by principles from Compassion Focused Therapy (CFT). This model can help people to understand their own emotional responses to stressful experiences.



# 0300 421 7500

All calls are free and confidential

Now also supporting the VCSE sector

The Wellbeing Line is your Staff Mental Health Hub in Gloucestershire - and part of One Gloucestershire Integrated Care System (ICS).

## A Compassion-Focused Approach

Stress is a normal part of life. However, we know from research that people working in health and social care can be particularly prone to empathy-based stress. Stress levels can often be high for long periods of time and many of us will have times when we struggle to cope. While the causes of this might be outside of our control, the impact is personal.

### Support Provided:

We can support you with a wide range of mental health issues impacting your work and personal life, including:

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

### The Wellbeing Line is:

- Free
- Confidential
- Accessible
- Responsive
- Independent of your employer
- Open for self-referral

All support is tailored to your needs and/or to the needs of your team. Further information can be found on our website [www.thewellbeingline.co.uk](http://www.thewellbeingline.co.uk)  
Or call us on 0300 421 7500 for an initial chat.

"Thank you so much. Just having that external person to talk things through with has really helped me have some clarity on why I felt so overwhelmed"

Email: [hello@thewellbeingline.co.uk](mailto:hello@thewellbeingline.co.uk)  
Visit: [www.thewellbeingline.co.uk](http://www.thewellbeingline.co.uk)