



Peer Psychological Support

Would you or a member of your team benefit from some support?

Did you know the Wellbeing Team offer a range of support to help staff:

- Following a traumatic incident
- When stress has increased & finding a work life balance is difficult
 - Get together & talk about a shared challenging event
- Have a simple conversation in support of someone's mental health



You can refer yourself, or your manager can refer you. Simply complete this form

<https://forms.office.com/e/8P7Sntp5xa> or scan the QR code above.