



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.

Mental Health Peer Support

A variety of free and confidential psychological support, assessments and training is available for all NHS colleagues across
Joined Up Care Derbyshire

REACTmh

Supportive mental health conversations

StRaW

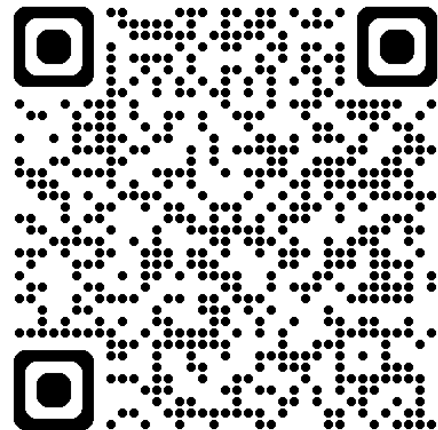
Mental health support

TRiM

Post trauma support

Reflective

Guided group reflections



You can refer yourself, or your manager can refer you.
Simply email ddlmc.thehubplus@nhs.net or scan the QR code above for more info.