

## Feedback

"The service has been excellent, and directed me where I need to be. A very big thank you to Jill in the hub, her professionalism and compassion was 100%, thank you . Overall all I'm very pleased with the service"

"Don't know what I would have done without the help I received.  
A VERY BIG THANK YOU."

"The hub has been a fantastic service which has supported me thought since I have rang them. Even when I had some issues with a service they contacted me again to ensure that I had accessed the service I required."

"No suggestions at all, this was my first time accessing support and I don't know why I didn't do it sooner. Thank you for making me feel heard and being so supportive."

"Great experience. I felt listened to and my concerns about confidentiality given my role were treated seriously and navigated well!"

REFER ONLINE:



CALL:  
0300 303 5406

EMAIL:  
STAFFWELLBEINGHUB@  
STAFFSSTOKE.ICB.NHS.UK



STAFF  
PSYCHOLOGICAL  
WELLBEING  
HUB  
  
STAFFORDSHIRE  
AND STOKE

## ABOUT THE HUB

At the Staff Psychological Wellbeing Hub, we understand how important it is to take care of our people. That's why we're here to offer you the support you deserve.

If you're feeling stressed, anxious, or overwhelmed, our compassionate team of clinicians are ready to listen and support you.

Whether it's through one-on-one conversations or connecting you to the right resources, we're here to ensure you don't have to face it alone.

Reach out today—let us help you feel like yourself again.



## WHAT WE OFFER

### Assessment

Confidential wellbeing conversation with a trained clinician, including follow-up appointments as necessary.

### Referrals

Referrals made by the team, connecting you to organisational, system-wide, and national offers

### Emotional Support

Feeling overwhelmed? Our clinician is here to listen and support you every day. Don't hesitate to give us a call.

### Education/Advice

Self Help Support  
Weekly Workshops  
Team Sessions  
Podcast  
Various Wellbeing Toolkits & Resources



## Confidentiality

We take your confidentiality seriously. Your information is securely stored on our private system, accessible only by the Hub Team.

Whether your organisation is informed about your referral or assessment outcome is completely up to you and at your discretion.

