

North East and North Cumbria Staff Mental Health and Wellbeing Hub Briefing

December 2024

- **Wishing You a Peaceful and Happy Festive Season**
- **Someone to Talk to Day and Night**
- **Quick, Free & Confidential Support**
- **New Year - New Groups**
- **Shiny Mind App**

Staff Wellbeing Hub

Our North East and North Cumbria Staff Mental Health and Wellbeing Hub is here for everyone working in health or social care across our region. Whether you're on the frontline or working hard behind the scenes, we're here to support you.

We offer responsive, easy-to-access, and highly confidential care with appointments led by experienced NHS clinicians who understand the challenges you face.

Don't hesitate to reach out. Your wellbeing is our priority.

Wishing You a Peaceful and Happy Festive Season

December is here, and we know this time of year can bring mixed feelings for many of our NHS and social care colleagues. While the holidays can be a time of joy and connection, it's also a very busy and stressful period for many services.

We hope you can take some time for yourself to rest and enjoy the festive season with your loved ones. And if things feel overwhelming, remember the North East and North Cumbria Staff Wellbeing Hub is here to support you. We are just a click, email or phone-call away.

Wishing you a peaceful and happy holiday season from all of us at the Hub. 

Someone to Talk to Day and Night

Need someone to talk to? Day or night, we've got you covered! By texting SHOUT to 85258, you can connect with a trained volunteer 24/7 for confidential support.

Whether you've had a tough day, are feeling overwhelmed, or just need someone to listen, this service is always here for you.


Quick, Free and Confidential Support for You!

At the Staff Mental Health and Wellbeing Hub, we're here to offer free, easy-to-access, and confidential support for whatever challenges you're facing—whether at work, home, or both. If you're part of the health or social care workforce in the North East and North Cumbria, we're here for you!

We know how tough things can get, and sometimes you just need help—fast. That's why our experienced NHS clinicians are ready to listen and support you with flexible, timely appointments.

Getting support is simple, confidential and straightforward:

- Just click the link to our website [here](#) and fill out our brief self-referral form
- Send us an email at hubstheword@cntw.nhs.uk
- Leave a confidential message at 0191 223 2030

Whenever you need us, we've got your back. Don't wait—reach out today! 

New Year – New Groups!

In the New Year we will be launching a new group focussing on managing stress at work. Also, our popular Burnout-Free Working Therapy Group will run again early in the New Year. Contact us to find out more.

Shiny Mind App

Clinicians in the Hub have met with Bec Howard, Psychotherapist and developer of the Shiny Mind App. This App, co-created with the NHS, is free for nurses, midwives and healthcare assistants. It is full of insightful content, with over 150 wellbeing exercises, different tools, coping mechanisms, and masterclasses to be used when needed. For more information and to download go to [Shiny Mind - Mental Health & Wellbeing App co-created with the NHS](#)