**Staff Support – Contact List within Salisbury NHS Foundation Trust**

This is a list of contacts for any member of staff who would like extra support during the Covid-19 Pandemic. We recognise that we are all working in a time of uncertainty and rapid change and many of us will need support to manage our thoughts and feelings over the coming months.

Please contact us on the following numbers, whether you just need a quick 10 minute check-in or to book a longer appointment.

**Pamela Kirkham, Staff Counsellor**

Occupational Health Department, Office hours 8.00 – 4.00pm

Mobile: 07393796293

Offers short-term counselling and Psychological support to all staff employed by SFT. During this exceptional period I am happy to offer telephone support for staff who do not require counselling, but feel they would benefit a safe and confidential space in which to express fears and anxieties they may currently be feeling. Please contact me on the above number and leave your name and contact details if I am unable to answer your call immediately.

**Clinical Psychology Department**

Office hours 9.00am – 17.00pm

Telephone: 01722 336262 x2105 (secure answer machine outside of these times)

Email: shc-tr.ClinicalPsychology@nhs.net

We are Clinicians trained in delivering psychological therapies to both staff and patients on an individual, group and organisational level. We are happy to provide telephone and video-link support for all staff and, if appropriate, face-to-face appointments for staff currently working on site in the hospital. We are also happy to be contacted by any department or ward to discuss specific support for your team.

**Chaplaincy**

Chaplains are available to all staff regardless of religious beliefs. If it helps to talk, please do contact us. There is always a Chaplain on call, just ask switchboard to page us (or leave a message on 4271).

**Hospice Support**

Telephone: 01722 425113 or x2113

The team are skilled in helping staff to have difficult conversations particularly with family members in times of crisis and uncertainty. Please contact the general Hospice number in the first instance and you will be put through to an appropriate member of the support team.

**Education Department**

Sandy Woodbridge **i**s a Mental Health First Aider in the workplace who can provide a listening ear to staff and a point of contact to signpost individuals to relevant help and support. Telephone: 01722  336262 x5831

Rex Webb is Head of Diversity and Inclusion. He raises awareness of mental health problems and challenges mental health stigma in the workplace. As a Mind Blue Light Champion, Rex can provide peer support and signpost staff to relevant help and support. Telephone: 07775690651: