

WELLBEING RESOURCES

The Workforce Specialist

Service offers confidential mental health assessment and treatment for regulated health, social care and social work professionals in Scotland, treating a range of issues such as depression, anxiety, burnout or addiction.

Staff can access the service by visiting [National Wellbeing Hub](#), emailing prac.health@nhs.net, calling 0300 0303 300 or by scanning the QR code below.



Psychological therapies and interventions is available for the whole of the health and social care workforce in the NHS Board health board area, including 3rd sector staff and independent care sector staff.

Staff can find out what services are available in their area by visiting the [National Wellbeing Hub](#).

The National Wellbeing Hub

signposts staff to relevant services and provides a range of self-care and wellbeing resources designed to support the workforce, including digital mental health apps to help with anxiety, resilience, low mood/depression and fatigue/sleep.

The website can be accessed by visiting wellbeinghub.scot

The National Wellbeing

Helpline provides those working in health and social care with confidential mental health and wellbeing support. The helpline is available 24/7 and is available on 0800 111 4191