

# Sources of mental wellbeing and emotional support in Shropshire, Telford & Wrekin

## TRIM

This is designed to be used with staff who have experienced a stressful or traumatic event, or an accumulation of events, at work. This includes dealing with COVID-19. It recognises that everyone's response will be different and this is normal. The DNA TRIM practitioners offer support for teams and individuals.

### Access:



---

## Telephone Helpline for all Staff working in the NHS, Health and Social Care

**07785 317454**

Please phone us if you want to talk to someone. This phone line is confidential – you do not have to give your name; we only need to know which main area you work in.

The people answering the phone are experienced psychologists and psychological practitioners. We all work in Shropshire, Telford and Wrekin Care Group for MPFT NHS Trust. Open from 8am to 8pm, 7 days a week.

---

## Staff Psychological Wellbeing Hub

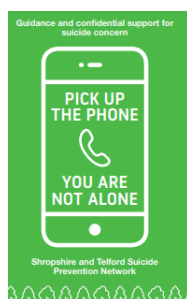
The Staff Psychological Wellbeing Hub is a safe and confidential space to check in, see how you are feeling, discuss what additional support you may need at this time and help you access the identified support if required.

It is available to all NHS and Local Authority health and social care staff working in organisations that are based in Shropshire, Telford and Wrekin and is in addition to existing staff wellbeing support provided in our individual organisations.

To find out more contact the Hub on:

**Telephone:** 07890 066445

**Email:** [Mpft.stwstaffwellbeing@nhs.uk](mailto:Mpft.stwstaffwellbeing@nhs.uk)



## Pick Up the Phone You Are Not Alone

This is a reference guide of support for anyone worried about suicidal thoughts in themselves or someone else, click on the image or use this link: [pick-up-the-phone-you-are-not-alone.pdf \(shropshire.gov.uk\)](https://www.shropshire.gov.uk/pick-up-the-phone-you-are-not-alone.pdf)

---

## Suicide Bereavement Services

Numerous suicide bereavement services are available to **families, friends, colleagues** and **anyone living in Shropshire Telford & Wrekin** who feels affected by a suicide. Self-referrals are accepted as well as referrals from someone like a GP, police or other support services/agencies (with consent).

### Shropshire Mental Health Support

Email: [bereavementsupport@shropshiremhs.com](mailto:bereavementsupport@shropshiremhs.com)

Telephone: 07483 906788

[www.shropshiremhs.com](http://www.shropshiremhs.com)

### Mind Telford suicide bereavement service

Email: [Talke2@telford-mind.co.uk](mailto:Talke2@telford-mind.co.uk)

Telephone: 07851977616

[www.telford-mind.co.uk](http://www.telford-mind.co.uk)

---

## TogetherAll

An online service providing access to millions with anxiety, depression and other common mental health issues. This is **open to anyone living or working in a postcode served by Shropshire Council**. <https://togetherall.com/en-gb/>

---

## Zero Suicide Alliance – suicide risk awareness training

**Suicide prevention is everyone's business** - Free online 30 minute training on suicide risk awareness and brief intervention via Zero Suicide Alliance – link here [Find the ZSA Zero Suicide Alliance training](#)

---

## Our Frontline

24/7 free, confidential, emotional support, by call or text with trained volunteers, or online resources, to all the workers who have been on the frontline throughout the COVID-19 pandemic. <https://www.mentalhealthatwork.org.uk/ourfrontline/>

- Call 0300 303 4434 for trauma and bereavement support from Just B
  - Text FRONTLINE to 85258
  - Or call 0800 069 6222 from 7am to 11pm if you're in England, or 116 123 any time or if you're elsewhere in the UK, to talk to Samaritans
- 

## Bereavement Support - Shropshire

Free bereavement support for Shropshire residents living in an area served by Shropshire Council

**0345 678 9028**

---

## Nurse Lifeline

Nurse Lifeline is a nursing and midwifery led initiative offering a free and confidential peer to peer listening service, by nurses and midwives, for nurses and midwives.

**0800 801 0455**

<https://www.nurselifeline.org.uk/>

---

## **Mental health and wellbeing resources – Shropshire Council**

- <https://www.shropshire.gov.uk/coronavirus/information-for-the-public/mental-health-and-wellbeing/>

## **Mental health and wellbeing resources – Telford and Wrekin Council**

- [https://www.telford.gov.uk/info/20745/mental\\_health\\_and\\_well-being](https://www.telford.gov.uk/info/20745/mental_health_and_well-being)
-