

For Staff - Occupational Health advice line

023 8062 6600 or email [occupational.health@hants.gov.uk](mailto:occupational.health@hants.gov.uk)

The line is available 0800-1600 weekdays

#### About the advice line

The Occupational Health advice line is designed to help managers and employees with any enquiry related to Occupational Health. It can be used to request general medical advice and to determine whether an employee's health issues should be referred to Occupational Health to ensure that only appropriate cases enter the more formal process.

Advisors will ask a few basic questions about your concerns and will suggest the best course of action to support resolving your concerns and provide information on the relevant support available. What it can provide The advice line can provide you with:

- guidance on whether, when, why and how to refer to our service
- guidance on the [referral process](#), its supporting documentation
- guidance on expectations from referral
- advice on a specific issue following a referral and our reports
- advice on concerns relating to sickness and its impact on attendance/performance
- advice on managing absence related to stress.

Occupational Health and Wellbeing Services

The Annexe

Eastleigh Fire Station

Steele Close

Eastleigh, SO53 3AA

## **Starting and supporting a conversation about wellbeing**

If you have noticed that a colleague is not acting their usual self, or seems out of sorts, it can be difficult to know what to say.

The NHS Employers [Starting and supporting a conversation about wellbeing PDF](#) demonstrates some simple strategies to start and support a conversation about wellbeing.

## **Mental health toolkit for employers**

Business in the Community has provided a [toolkit](#) to help your organisation – whether business, public sector or charitable – support the mental health and wellbeing of your employees.

It will help you take positive actions to build a culture that champions good mental health and provide a greater understanding for how to help those who need more support.

## **Health e-Hub app**

Health e-Hub can help you resolve and manage issues that may be impacting your work, health and personal life. Free to download, discover in-app advice and support, practical solutions and tips, expert health and wellbeing information and easy access to confidential support and advice services.

### **To download the app**

- Search for 'Health e-hub' in the app store on your device
- Log in details are:  
HCC - Name: Hampshire Password: Council

## **Links to excellent Resilience resources can be found at:**

Link to Resilience website: <http://www3.hants.gov.uk/hampshirecountycouncil/portal-help/school-services/schoolstaffresilience.htm>

If you go to 'Support for staff' and then 'Coping...' there is the Teachers' Resilience guide, which I presume is what you need.

## Useful Websites and Apps

<http://intranet.hants.gov.uk/customerengagementservice/insightandengagement/employeewellbeing>

<https://www.hampshireonlinelearning.co.uk/mod/book/view.php?id=1170>



<https://insighttimer.com/> - this is excellent for meditations and calming techniques



<https://www.headspace.com/headspace-meditation-app> - again excellent for thinking and meditations.



<https://keltymentalhealth.ca/blog/2013/06/mindshift-new-app-youth-anxiety>

There is a new exciting **app** for youth to help them better cope with anxiety! **MindShift** provides you with a tailor-made toolbox for different anxiety provoking ...

[https://www.samaritans.org/sites/default/files/samaritans\\_witc\\_bro\\_a5\\_2018\\_web.pdf](https://www.samaritans.org/sites/default/files/samaritans_witc_bro_a5_2018_web.pdf)

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

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

Self-refer by phone. **Talk** to someone – call 023 8038 3920.