Wellbeing at EPUT

Your health and wellbeing is important to us. Support is available before things become difficult, while you are unwell, and when you are returning to work.

Support Well

Mental and emotional wellbeing

Employee Assistance Programme (EAP) provides 'In-the-moment' confidential support or guidance regarding any personal or work-related issues - call 0800 882 410 or e-mail: counsellingteam@pamwellbeing.co.uk.

They can provide:

- Short-term counselling delivered telephone, video (via a secure video link) or face to face.
- Cognitive behavioural therapy (CBT) and other mental health programmes
- Referral to specialised support for example; debt, legal, bereavement, relationship support and trauma

Champions wellbeing app - access to 24/7- and 365-day support through the confidential helpline. They provide tailored well-being programmes based on user input and goals and expert-led masterclasses and monthly webinars: PAM Wellness App

I need workplace health advice

Occupational Health

- Occupational Health assessment and advice
- Support with a safe or phased return
- Advice on adjustments and health at work
- Manager referral support

You can speak with your manager about a referral.

I am a carer or under pressure at home

Caring and life pressures

- Staff Carers Lounge
- Special leave options for dependent emergencies
- Dependents of EPUT staff can also access EAP services, free of charge.

A conversation can help identify practical options.

I need some financial advice

Every day, they help people up and down the country with:

Money Wellness

- Budgeting
- Benefit checks
- Negotiating lower monthly debt repayments
- Getting unaffordable debt written off

Visit their website, call 0800 011 4231 (Mon–Fri 8 am-8 pm, Sat-Sun 10 am-4 pm) or email contactus@moneywellness.com

Stay Well

'Here for You' provides support for all EPUT staff who can access a range of therapeutic support from EPUT psychological services team.
Email: hereforyou@nhs.net or call **0344 257 3960**.

'Act for You' is another service provided for all EPUT staff, and you are all invited to join us, whatever your role, experience, or current wellbeing. You don't need to be struggling to take part. Many people join as a way of looking after themselves, building helpful skills, and creating a bit of space to pause, reflect and connect with colleagues. E-mail: epunft.actforyou@nhs.net

I am in pain or am uncomfortable

Physical and musculoskeletal health

- Our Occupational Health provider(PAM) provide fast-track physiotherapy – to access, call **0345 450 8882** or scan the QR code:
- Musculoskeletal support sessions
- Workplace injury review and prevention support

Act early to prevent an issue becoming a longer absence.

Return Well

Welcome back and staying well

- A supportive return-to-work conversation
- A return-to-work or wellbeing plan
- Keep-in-touch arrangements
- Phased return and reasonable adjustments where appropriate

The aim is a safe, sustainable return, not simply a quick return.

I need adjustments or different support

Neurodiversity and inclusion

- Neurodiversity Resource Hub
- Neurodiversity Cafes and peer connection
- Early discussion about reasonable adjustments
- Individual support based on your needs.

You do not need to wait until you are absent to ask for support.

Remaining Well

How to access support

1. Start online
Visit the EPUT Health and Wellbeing intranet page for the latest links, sessions and resources.

2. Speak to someone
Talk to your line manager, HR Business Partner or Occupational Health if you need individual support.

3. Act early
You can ask for help before sickness absence. Early support can help you stay well and remain at work safely.

If you feel unsafe or need urgent help, use the appropriate emergency or urgent-care service.