



## Humber Coast and Vale Resilience Hub

We recognise that the past year has been challenging for health and care workers. The impact from COVID-19 has been and continues to be significant across all aspects of people's lives. The impact of global and personal uncertainty, changes to routine and environment and prolonged periods of stress can put extraordinary strain on personal resilience.

Health and care workers are experiencing unprecedented strain and research has shown that they are at higher risk of developing mental health conditions if not adequately supported.

In recognition of this Humber, Coast and Vale health care Partnership are launching a new Resilience Hub that will be open to all health and care staff across the region.

The Resilience Hub will support those who are struggling with the impact of COVID-19. The service will be completely confidential and will offer advice and support that can help people with a range of issues from emotional wellbeing to bereavement, debt, domestic violence and relationship issues.

The initial service is launching in the New Year, however we recognise the importance of the need for additional support and provision now.

Ahead of the launch of our Resilience Hub we are offering NHS Trusts and Care Homes across the Humber, Coast and Vale region the opportunity to access a small psychology and counselling team who can support gaps in your existing health and wellbeing offering, should there be a need. We can provide psychology support and outreach into key wards/teams in accordance with and as part of your organisation's existing health and wellbeing offer. If you feel your service could benefit from additional support please contact [hcv-resiliencehub@nhs.net](mailto:hcv-resiliencehub@nhs.net).

In addition, individual health and care staff can also speak to their local Talking Therapies service (IAPT). All of these services across the Humber, Coast and Vale area are offering priority access to frontline staff working in the NHS and care homes who are experiencing a common mental health problem related to COVID-19. A full list of the services and how to access them is available below.

We would appreciate your support in sharing this information with your health and wellbeing teams and we have added some suggested copy below to communicate the priority access to Talking Therapies for your staff should you feel this is useful.

In the meantime if you have any questions please don't hesitate to contact [hcv-resiliencehub@nhs.net](mailto:hcv-resiliencehub@nhs.net).

Kind Regards

Sharon Pickering  
**Chair of the Humber, Coast and Vale Resilience Hub Oversight Group**

### **Communications for staff regarding access to Talking Therapies services**

We recognise that the last year has been challenging for all our staff. The impact from COVID-19 has been and continues to be significant across all aspects of our lives. It's important that we look after ourselves during this time and seek support if needed. In recognition of this, the Talking Therapies services across Humber, Coast and Vale are offering health and care staff priority access to their services if staff are experiencing mental health issues as a result of COVID-19. When making a self-referral, staff must identify themselves as working in the NHS or a Care Home in Humber Coast and Vale in order to receive priority access. You can find out more about local Talking Therapies services via the websites below or by speaking to your GP for a referral.

- York and Selby IAPT - [www.yorkandselbyiapt.co.uk](http://www.yorkandselbyiapt.co.uk) or 01904 556820
- North Yorkshire IAPT - [www.northyorkshireiapt.co.uk](http://www.northyorkshireiapt.co.uk)
- Let's Talk Hull – 01482 247111
- East Riding Emotional Wellbeing Service – <http://humberews.co.uk/>, self-refer at [www.iaptportal.co.uk/erew.html](http://www.iaptportal.co.uk/erew.html) or 01482 335451
- North Lincolnshire IAPT – <https://iapt.rdash.nhs.uk> or 01724 867297
- North East Lincolnshire Open Minds - <https://navigocare.co.uk/what-we-do/services-z/open-minds/self-refer-open-minds> or 01472 652 100