

Dear HRDs & occupational health,

We are delighted to announce the launch of our WY&H Mental Health & Wellbeing Hub psychological assessment and therapy service, hosted by BDCFT on 6/4/21. Please be aware this does not replace any inhouse provision you might have established prior to or in response to the pandemic. Rather it seeks to fill gaps in provision across the ICS until all partners have robust systems in place to support their staff who have worked across the pandemic, facing heightened levels of stress and exposure to potentially traumatic experiences.

As such please do initially utilise your existing arrangements in the first instance. However, if you do not have a timely suitable response available or you have staff who it would be inappropriate for them to be seen in their own organisation, you are welcome to send referrals, using the attached form, to [psychologicalstaffsupport@bdct.nhs.uk](mailto:psychologicalstaffsupport@bdct.nhs.uk). Our clinical lead will then review the referral and if appropriate facilitate access to a psychological assessment, with a view to further therapy.

Appropriate referrals are considered to be those negatively impacted by the pandemic who are experiencing heightened levels of stress/distress and who's functioning is affected, particularly in the workplace.

If the person you're thinking of referring would like or benefit from an initial discussion of their struggles with a mental health worker you could also direct them to our WY&H support line; 0808 196 3833 for an initial conversation about their needs and how they might be met. The helpline can in turn facilitate a referral to the psychological assessment and therapy service if agreed as needed.

Further resources are available on the hub microsite, including ideas and support for individuals, leaders and teams. You can access the microsite here <https://workforce.wyhpартnership.co.uk/> and install the link to your intranet if appropriate.

Your sincerely

Dr Anita Brewin

Head of Psychological Therapies (BDCFT) & (one of the) Clinical lead for the WY&H MH&WB hub.

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Lucy Wilde

Principal Psychological Therapist & Clinical lead of the WY&H MH&WB hub; psychological assessment and therapy service.