

Staff Mental Health Service



**Fast access for NHS Trust
staff in Cambridgeshire
and Peterborough**

Provided by


**Cambridgeshire and
Peterborough**
NHS Foundation Trust

Rapid mental health support at work

NHS staff are facing increased demands and stress due to the coronavirus pandemic, putting everyone at greater risk of developing or worsening serious mental health problems. A new Staff Mental Health Service has been set up to help people working in NHS Trusts across Cambridgeshire and Peterborough, by providing rapid access to mental health assessment, diagnosis and treatment.

If you are experiencing intense, overwhelming emotions, anxiety or distress affecting your performance at work, our team can provide confidential, specialist mental health care tailored to your needs.

How to access the Staff Mental Health Service

The team works closely with staff health and wellbeing services at NHS Trusts, and people can be referred to the Staff Mental Health Service for stepped-up specialist care.

The initial referral pathway will be via NHS Trust occupational health services and you can also speak to your GP about a referral. We will work with staff and service partners to evaluate referral pathways and ease of access, and develop other options in future if they are needed.

Please contact our team directly if you have any questions or wish to discuss a referral:

01223 465220 staffmentalhealthservice@cpft.nhs.uk

The service is provided by Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) and is currently available to staff working at:

- Cambridgeshire Community Services NHS Trust (C&P only)
- Cambridgeshire and Peterborough NHS Foundation Trust
- Cambridge University Hospitals NHS Foundation Trust
- North West Anglia NHS Foundation Trust
- Royal Papworth Hospital NHS Foundation Trust

The service will develop with the latest research investigating how coronavirus has affected NHS staff, and recommendations to improve care and support.

Following a referral

The team will contact you within 72 hours and offer a flexible appointment for a first assessment. This can be online or in person, on an evening or weekend if more convenient for you. They will discuss the best approach to help you further, arranging a specialised treatment plan to support your individual needs. This may include psychiatric assessment and review, psychological therapy, occupational health support and medication advice.

[Before your first appointment, please check the team guide available on our webpage and contact us if you know or work with anyone, to ensure that you are matched with a team member you are comfortable with.](#)

Protecting your privacy and confidentiality

Many staff feel anxious about confidentiality. We have considered this very carefully and ensured that safeguards are in place when you use the service, so you are not seen by anyone you know or work with closely. Your privacy and preferences will be respected at all times.

Your care records will be secure and legally accessed only by professionals looking after you, checked through daily security audits.

Your details can only be used for research purposes with explicit consent. In appointments, our staff will explain any suitable research projects and opportunities, so you can decide if you wish to take part.

Looking after the mental health of NHS Trust colleagues in Cambridgeshire and Peterborough will build resilience for teams responding to crisis situations, now and in the future.



For more information visit:
www.cpft.nhs.uk/smhs

Contact

staffmentalhealthservice@cpft.nhs.uk
01223 465220

Staff Mental Health Service
Douglas House
18b Trumpington Road
Cambridge
CB2 8AH



Rooms for clinical appointments are also available at Addenbrooke's Hospital, Peterborough City Hospital and Hinchingbrooke Hospital.

CPFT Psychological Wellbeing Service

Staff can self-refer to access psychological therapies at:
www.cpft.nhs.uk/services/pws/psychological-wellbeing-service
Phone line 0300 300 0055 open Monday to Friday, 9am - 4pm.

Urgent NHS mental health care

In normal working hours contact your care coordinator.
For help in a mental health crisis out of hours,
phone 111 and press option 2.



Samaritans

In a crisis, call 116 123 for the free, confidential listening support and information service.

Comments, concerns or complaints

Please do not hesitate to get in touch with the service directly if you wish to share any feedback or raise issues. Alternatively, contact CPFT Patient Advice and Liaison Service on 0800 376 0775 or email PALS@cpft.nhs.uk.

If you require this information in another format such as braille, large print or another language, please let us know.