

Covid-19 staff support

Reporting sickness and return



Contact the Absence Reporting line on 0191 814 4011 or email: absencerecordingteam@cntw.nhs.uk

Chaplaincy support

Trust Chaplains are available to provide pastoral support.



Email chaplaincy@cntw.nhs.uk

If you would like to have a conversation ask the switchboard to put you through to the are also available.

Self help guides

23 mental health self help guides available at www.cntw.nhs.uk/selfhelp



Healthy eating and exercise

Lots of useful information available at www.cntw.nhs.uk/awoym



[daily updates in the intranet](https://weblive.ntw.nhs.uk/COVID19_resources/)
https://weblive.ntw.nhs.uk/COVID19_resources/

Staff Counselling



Employee Assistance

Programme known as PAM Assist

- Telephone: 0800 882 4102

- Online: www.pamassist.co.uk or via the app (search PAM Assist in your app store)

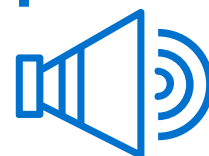
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NTWsolutions, and the password is NTWsolutions1

Relaxation techniques

A range of relaxation audio files available at www.cntw.nhs.uk/relaxation



Your wellbeing

AWISH Directoy

(Advice - Wellbeing - Information - Self help)

https://weblive.ntw.nhs.uk/COVID19_resources/

Northern Mental Health Support

www.northernmentalhealth.org

National Mental Health Hotline

0300 131 7000, 7am - 11 pm every day, or text FRONTLINE to 8525

