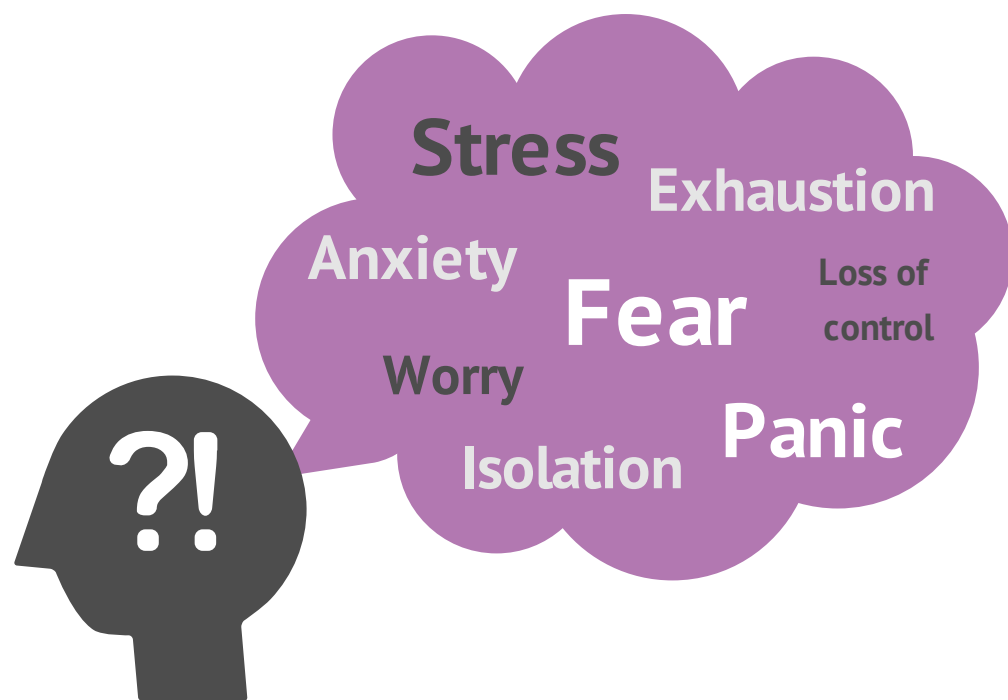




## Occupational Health & Well-being Service

# Mental Health Support



These are all  
normal feelings!  
But do not suffer in  
silence; support is  
available, easy to  
access and free!

All UHMB colleagues can access psychological support services  
through Occupational Health:

- Person-Centred Counselling
- Hypnotherapy
- Cognitive Behavioural Therapy (CBT)
- Trauma Risk Management (TRiM)
- Team / Department Trauma & Wellness Sessions
- Eye Movement Desensitisation & Reprocessing (EMDR) Therapy
- Management Support for Team Mental Health
- Mental Health First Aiders
- Bespoke psychological support for front-line staff
- Trauma Network Support
- Colleague Support Packs and signposting to external support services

### COVID-related Mental Health Support:

CBT and Counselling available on all  
3 sites through Cancer Care (face to  
face or telephone appointments)

### Out of Hours Support:

24hr NHS Mental Health Helplines:

Lancaster - 01524 550198

Kendal - 01539 715013

Barrow-in-Furness - 01229 404360

**Contact Occ Health:**

**01524 512290**

Mon - Fri

8am - 6pm

[occhealth.referrals@mbht.nhs.uk](mailto:occhealth.referrals@mbht.nhs.uk)