



Well Being Fortnightly

Well Being Edition 8—Key Resources

Welcome

With our main newsletter being about Alcohol Awareness this week we wanted to add the following supplement which contains some other useful resources around general well being.

Super Support

More than 250,000 domestic abuse offences were recorded in England and Wales between March and June last year.

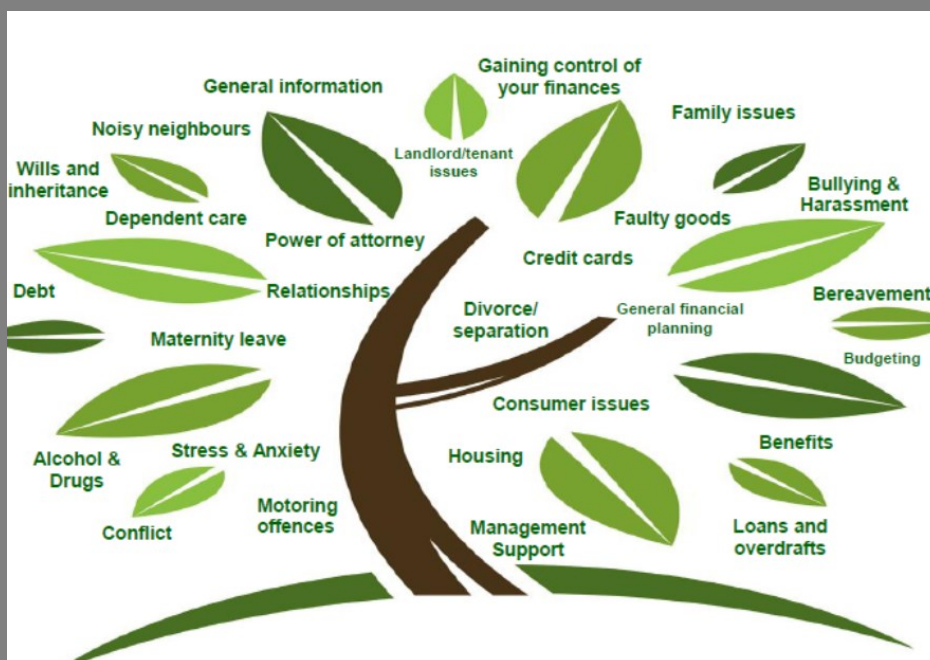
From Thursday 14th January anyone suffering from domestic abuse will be able to obtain help from their local pharmacy by asking for 'Ani'

As soon as they "Ask for Ani" they will be led into a private consulting room where they will be put in touch with the police, relevant support services or helplines.

The government-backed scheme is similar to the "Ask for Angela" one launched by the Metropolitan Police in bars, pubs and restaurants to prevent sexual violence.

Super Support 2

We are all finding this latest lockdown difficult but don't forget that you are not alone. You have lots of colleagues around you who are only too willing to help. However, if you feel that you need more professional advice then don't forget that as a Trust we buy into Care First. The details of Care First are below:



How do I use the service? The service is free of charge for you to use and you don't need to ask your manager to use Care first, just call **0800 174319** and you can speak to a professional counsellor or information specialist in confidence. Care first is available 24 hours a day, 7 days a week, 365 days a year and is accessible by phone or online.