

Grampian Psychological Resilience Hub

Our role at the Hub is to offer a support mechanism for who may feel overwhelmed, upset or personally affected by the current situation with Covid-19. This is totally understandable. As we all go through this abnormal and unknown situation due to Covid-19 it is normal to experience abnormal or upsetting emotions. The Hub has been set up to offer you some extra support and advice to manage at this time if you are affected by Covid-19 in any way. This includes:

- **Any** member of public from anywhere in Grampian or Orkney
- **All** staff from Health & Social Care Partnerships in Aberdeen, Aberdeenshire or Moray
- **All** NHS staff in Grampian who are not based in Acute covid wards at ARI (a separate service exists for them)
- **All** Scottish Ambulance Staff (SAS) from Grampian, Highland, Orkney, Shetland and Western Isles
- **All** Care Home staff, nursing home staff, community support staff, and home-carers
- **All** staff that work in the 3rd Sector or private care providers

You can self-refer in to the Hub and will receive up to three sessions of support based on the principles of psychological first aid. This can be seen here:

Section 2: The Seven Components of Psychological First Aid



The service is open 7 days a week from 8am to 8pm. A clinician will call you back on the phone or offer a virtual appointment within a few days of you contacting out Hub.

To access the Psychological Resilience Hub for information go to:

<https://covid19.nhsgrampian.org/mental-health-support/>

For anyone who may have difficulty accessing the Psychological Resilience Hub online, assistance can be provide by calling the following number:

Tel: 01224 550200 (Mon-Fri 8am-5pm)