

Psychological Resilience Hub

Our role is to offer a support mechanism for **any** member of staff or the public who may feel overwhelmed, upset or personally affected by the current situation.

This includes:

- Those who are affected in any way due to the consequences of covid-19.
- Those in the Shielding group who are to remain at home for 12 weeks and are struggling (underlying health conditions which places people more at risk from Covid-19)
- All staff from HSCP and NHS staff who are not based in Acute wards at ARI as there is a different team for them)
- Care Home staff and community support staff, and home-carers

To access the Psychological Resilience Hub for information go to:

<http://covid19.nhsgrampian.org/>

For direct access to the Psychological Resilience self-referral from:

https://covid19.nhsgrampian.org/?page_id=1080

Further information is also available on:

<http://www.gcah.org.uk>

Assistance to access the Psychological Resilience Hub can also be provide by calling the Grampian Psychological Resilience Hub admin team on

Tel: 01224 558765.