

Staff wellbeing page

Welcome to our staff wellbeing and support page. Below are links to a range of charities and organisations offering practical support, advice and information on different challenges and difficulties people may face in their lives. The links / phone numbers cover both self-help for adults and support for parents / carers who are worried about their child/ren.

Validium

As a Trust, we buy in an employee assistance programme (EAP), Validium. This programme gives all employees access to free clinically proven counselling programmes with an array of specialist work / life services.

This support comes in a variety of forms, including telephone counselling and a range of specialist information services. In addition, short term face-to-face counselling is available with a professional psychologist or counsellor either close to where you live or work, at no cost to you.

You can also call the EAP for help, information, guidance or support with a wide range of issues including relationship difficulties to neighbour disputes, money worries to consumer rights. The following services are available from the EAP:

- Counselling and emotional support
- Money and debt information
- Legal information
- Health and wellbeing information
- Family care information

You can also access the EAP service via Validium's online vClub portal where you can download a wealth of information on issues that may be affecting you and find helpful links to other resources. This service is free, confidential to use and the online portal is entirely secure.

Whether you are worrying about something, need some practical information, or simply want to talk things through with someone in confidence, the EAP is there to help you 24/7.

Contact your EAP anytime on Freephone 0800 358 48 58

Here are some additional links for specific support:

Keeping your children safe:

- [Leeds](#)
- [Bradford](#)

Online safety:

- [Net-Aware](#)
- [Think U Know](#)
- [NSPCC Guidance](#)

Mental health:

- [Mind](#)
- [Every Mind Matters](#)
- [NSPCC Guidance](#)
- The Market Place (Leeds) 0113 2461659
- First Response (Bradford) 01274 221181
- My Wellbeing College (Bradford) 0300 555 5551

Foodbanks:

- [Leeds foodbanks](#)
- [Bradford foodbanks](#)

Financial:

- [Citizens Advice](#)
- [Step Change](#)
- [Leeds Money Information Centre](#)
- [Bradford Debt Advice 0800 1691536](#)

Drug and alcohol:

- [NHS Guidance](#)
- [Turning Point](#)
- [FRANK](#)
- [Forward Leeds](#)
- [New Directions \(Bradford\)](#)

Bereavement:

- [Mind](#)
- [Child Bereavement UK](#)
- [Leeds Bereavement Advice](#)
- [Bradford Bereavement Advice](#)



SEN and disabilities:

- [Government Guidance](#)
- [MENCAP Guidance](#)
- [Council for Disabled Children](#)
- [Bradford SEND Local Offer](#)
- [Bradford SENDIASS](#)
- [Leeds SEND Local Offer](#)
- [Leeds SENDIASS](#)

Domestic abuse:

- [National Domestic Abuse Helpline](#)
- [Respect Helpline](#)
- [Galop \(LGBT+\)](#)

LGBT+:

- [LGBT Foundation](#)
- [Switchboard](#)
- [Stonewall](#)
- [Yorkshire MESMAC](#)
- [Men's Advice Line](#)
- [Rape Crisis](#)
- [Staying Put Yorkshire](#)
- [Leeds Domestic Violence and Abuse](#)
- [Bradford Cyrenians](#)
- [Bradford Rape Crisis / Sexual Abuse Survivors](#)

