

# West Yorkshire Staff Mental Health and Wellbeing Hub

Highlighting specific offers that may be of relevance in the current circumstances



# 1:1 Specialist and Confidential Therapy

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We understand asking for help is a big step. Especially if you are not sure, the therapists will understand your needs. All our therapists are trained in Racial Trauma and Cultural Humility.

If you feel you could benefit from a confidential space to talk about the impact of political violence, or it has brought up past traumas, [you can self-refer here](#).

# Therapy Services for Staff

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**Managing Stress Group:** A two-session psychoeducational group based on Cognitive Behavioural Therapy (CBT) principles. It focuses on recognising the impact of work-related stress and developing practical coping tools to support wellbeing. May and July 2025

**Compassion Fatigue Workshop:** A one-off 1.5-hour reflective session informed by Compassion-Focused Therapy (CFT). This group is designed to help staff reconnect with self-compassion, especially in emotionally demanding or caring roles. April to July

**Acceptance and Commitment Therapy (ACT) Group:** A 5-week skills-based group designed to help attendees develop psychological flexibility, manage difficult emotions, and work towards what matters to you - even when faced with stress or uncertainty. The group will cover strategies for increasing self-awareness, building acceptance, and responding more effectively to inner struggles that may show up in the context of work. Dates April and May 2025

**Towards Better Sleep** The group is based on sleep research and CBT principles and is designed to provide attendees with tools to help improve your sleep. The group consists of **two sessions which are two weeks apart** and you will need to be able to attend both sessions. If you are interested in this group, we will need to arrange a phone call just to check for your suitability.

[Self Referral :: Workforce Transformation](#)

# Looking After Ourselves workshop

This workshop session focuses on considering our own wellbeing and how we can improve this utilising the PERMA and Stress Bucket models. Additionally, it considers burnout and ways in which this can present for ourselves, and others too.

Alongside this, the Looking After Ourselves webinar looks at how navigating trauma, burnout and our general wellbeing can impact us both personally and professionally.

Overall, it aims to provide you the tools to help you better manage your own wellbeing and also touch on potential signs suggesting a decline in others wellbeing and how you can safely support them too



West Yorkshire  
Health and Care Partnership  
Mental Health and Wellbeing Hub



# Safe spaces

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The Hub has been building a number of professionally facilitated confidential, safe and reflective spaces to consider the emotional impact of our work. These often have an emphasis on trauma and health inequalities.

Consider attending or becoming a story-teller in our Schwartz Rounds. [Find out more.](#) West Yorkshire has committed to regular rounds focusing on racial equity. Wakefield Place Next Schwartz Round is 'Challenging Bias's' A Race and Equity Round. April 23<sup>rd</sup> 2025

<https://www.tickettailor.com/events/westyorkshirestaffmentalandwellbeinghub/1606226>.

For those that offer wellbeing support to our colleagues as an additional role, we offer spaces where you can consider the emotional impact of this work. If you are a freedom to speak up Guardian or chair/ co-chair of staff networks we offer Reflective Practice Groups – email [wycb-bdc.wyh.mentalwellbeinghub@nhs.net](mailto:wycb-bdc.wyh.mentalwellbeinghub@nhs.net)

# Safe Spaces – Creative Arts

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- Creative spaces: bespoke to the needs of the team and group. Reflective space using the medium of creativity. This may include journaling or other creative methods and expression. They will end with also support the group with guidance on how to do this more in everyday life.
- Safe Listening spaces: compassionate circles involve listening to stories and being listened too. They are not focused on fixing or problem solving but rather ‘being present with the space’. The spaces are focused on peers supporting each others.

# Critical Incident Staff Support Pathway (CrISSP)

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The Hub offers a well-established pathway for supporting staff with work-related trauma. This includes racial trauma. [Watch the video here](#).

- 1. In the short-term** – [watch this video](#) and for supporting staff following a traumatic work shift or day. Build in regular touch points to explicitly ask staff about their physical and emotional safety and wellbeing.
- 2. In the medium term** - if you are a team that is working in an area closely impacted and feel your team could benefit from a trauma focused debrief contact the hub on our email address, [wyicb-bdc.wyh.mentalwellbeinghub@nhs.net](mailto:wyicb-bdc.wyh.mentalwellbeinghub@nhs.net), to discuss further.
- 3. In the long term** – if you would like to get involved with the team training to think about building in trauma-focused skills for staff wellbeing, contact the Hub to see what would work best for your team.

# Contact us:

Visit [wystaffwellbeinghub.co.uk](http://wystaffwellbeinghub.co.uk)

- [CrISSP pathway](#)
- [Self – referral](#)

