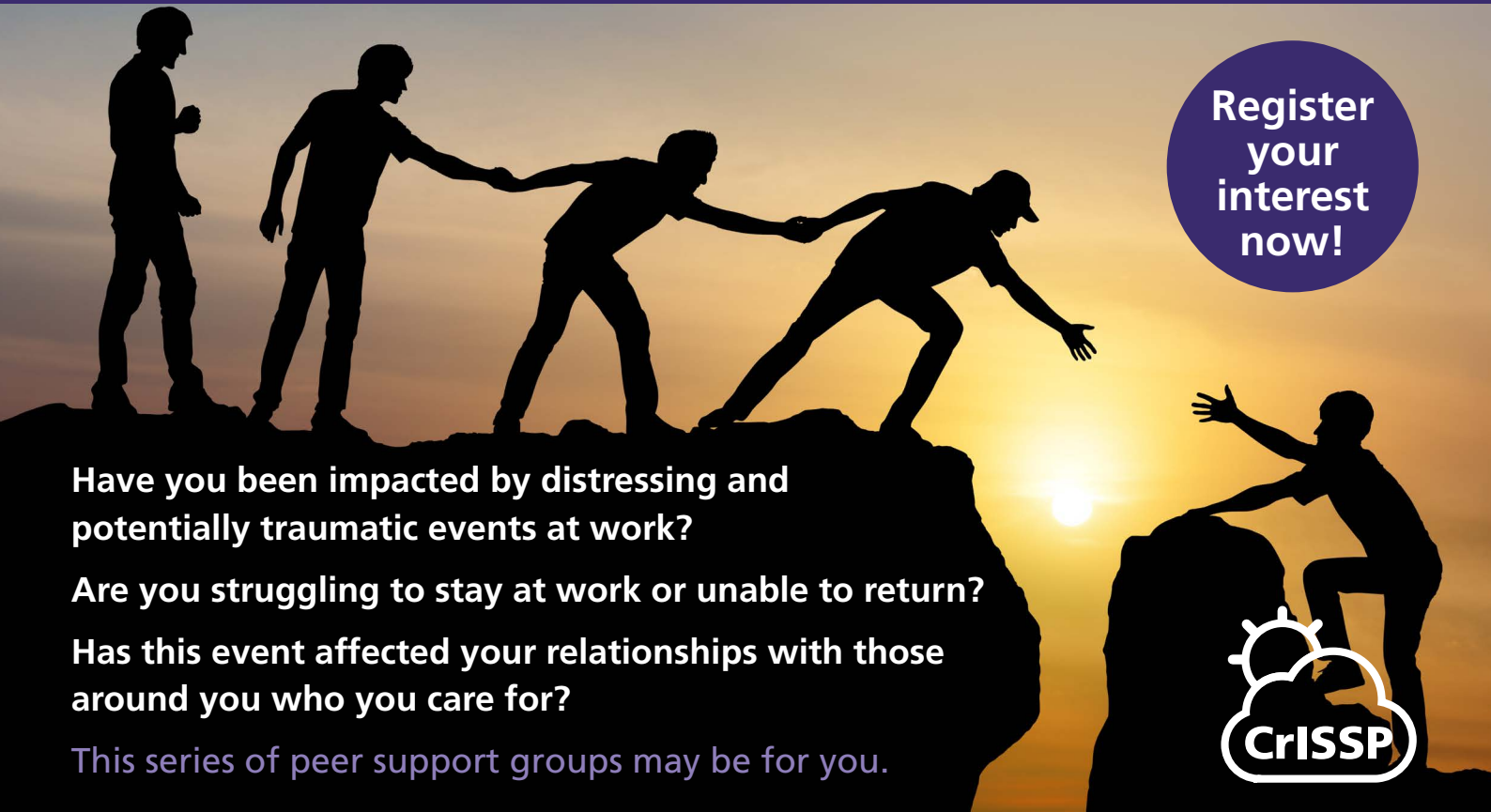




Supporting a loved one through difficult work events:

A peer support group for workers, volunteers and family



Have you been impacted by distressing and potentially traumatic events at work?

Are you struggling to stay at work or unable to return?

Has this event affected your relationships with those around you who you care for?

This series of peer support groups may be for you.

What is it?

Over three sessions meet other workers and their family members or loved ones to learn about the impact of distressing and potentially traumatic events on ourselves and those closest to us. Gain some valuable ideas about how to cope and most importantly listen and share with others in a similar position.

Who is it for?

All staff and volunteers across NHS, health and social care services and the Voluntary and Community Services (VCSE) sector.

Who to bring with you?

One close connection where your relationship has been impacted by a critical work event (e.g family member, partner, carer, loved one).

When?

Dates will be arranged in the near future when we have enough interest.

Want to find out more?

If you are interested in attending this peer support group for you and your loved one, please email: bdcccg.wyh.mentalwellbeinghub@nhs.net with your name, role and contact details and the name of the person you will be attending with. To find out more about the critical incident staff support pathway (CrISSP), please visit our website: [Home :: Workforce Transformation \(wyhpartnership.co.uk\)](http://Home::WorkforceTransformation(wyhpartnership.co.uk))