



## STAKEHOLDER NEWS

Regular update for our stakeholders on developments and key milestones from the You Matter team

You Matter (YM) is an NHS Staff Mental Health and Wellbeing Hub offering a confidential conversation, mental health assessment, triage, signposting and facilitated referral for all staff employed in Health and Social Care in Buckinghamshire and Oxfordshire. The YM service is hosted by Oxford Health NHS Foundation Trust, on behalf of the BOB ICS. A second Hub, Wellbeing Matters provides services for West Berkshire.

In recent months we know the COVID-19 pandemic has put a lot of pressure on key workers in NHS and social care and that anxiety and distress are a normal reaction and consequence to this. However, there are factors which make staff reluctant to seek help such as whether it is completely confidential or could jeopardise their professional registration. In addition, the pandemic has seen a rapid growth in wellbeing services and resources provided within organisations as well as nationally. We will continue to work collaboratively with these across the BOB region, ensuring the right personal support is there when needed, for **all** staff members.

### World Mental Health day – 10 October 2021

There's never been a better time to connect with You Matter. We are available to **all** staff across the BOB region. Find out more on our [website](#) and get the personal support you need.

#### Did you know?

There are more than 37,000 NHS staff members across the BOB patch? Find out more on the dedicated [website](#).

#### Date for your diary: October, 13 [Black History Month – What's stopping you?](#)

NHSE/I free online event for all, as we come together for this national awareness month.

#### Top tip for good mental health

Take five for the great outdoors. A short walk during your break, can help boost your mind and raise your energy levels.



## Calling all managers – REACT training

As part of our YM offer, did you know specialised training is available for managers and team leaders? To ensure the reach of our service, this key staff group has an important role to play but help is at hand. REACT training is aimed at management, supervisory and supportive colleagues in order to identify people in their teams who may be struggling. This action can then lead to initiating supportive and compassionate mental health and wellbeing conversations, signposting to appropriate support. The training will encourage you to consider how to carry out 'React chats', which could involve:

- Recognising a colleague may have a problem.
- Engage with them in conversation.
- Actively listening to them and observing body language.
- Checking risk
- Talking to them about specific options (e.g. active management/support).

With specialised REACT trainers leading each session, the YM service can provide the guidance and support for senior staff across the BOB region, to carry out this process with confidence. Sessions can be booked via the [NHS Futures website](#) with new dates coming soon. If you'd like to know more about REACT training, contact us directly by emailing: [yomatter@oxfordhealth.nhs.uk](mailto:yomatter@oxfordhealth.nhs.uk).

## World Mental Health Day 2021 – October, 10

The theme of World Mental Health day is Mental Health in an unequal world. We are now aware that covid has affected us all but that it has highlighted inequalities within health and social care. Diversity through race, disability, or gender for example, not only affects how staff respond to Covid, the jobs they are likely to be doing but also their experience of mental health and resilience. World Mental Health day on October 10 is an opportunity for all of us to chat to all of our colleagues and staff about how they are doing and together consider contacting YM.

YM has officially launched our new monthly newsletter to coincide with this year's World Mental Health day. Mental Health UK are asking us to move forward together, for mental health. They've partnered with [ITN Productions Industry News](#), to co-produce a special news programme for World Mental Health Day which launches on Sunday 10 October 2021.

Work within the YM service has focused on hard-to-reach groups, since launching earlier this year. As our programme continues, a further evaluation on the impact of Covid on health and social care staff contacting us, will be available soon.

## Have you tried our self monitoring chart?

Our website features a quick and easy [self monitoring chart](#) which takes moments to give you an idea of whether your wellbeing is "OK", "at risk" or "needs you to stop and act". You can find out which colour suits you best in no time at all and take advice on what's best for you to do next. Why not take a few minutes to have a quick check now – remember, **You always Matter**.

## Phone us

- Call 0800 145 6568
- Monday to Friday
- Excluding bank holidays
- 8am to 4pm

## Email us

**Email: [yomatter@oxfordhealth.nhs.uk](mailto:yomatter@oxfordhealth.nhs.uk)**

Email us with your contact details and we will get back to you. If you email us, we will assume consent to email you back. It would be helpful if you could provide the phone number we should call you back on and whether a text message or a voicemail can be left.