

Enhancing mental health support for NHS Lothian Staff

NHS Lothian Charity

Supporting psychological interventions to improve staff mental health and wellbeing

For staff to deliver excellent patient care, they need to be healthy, at work and stay healthy at work. In order to achieve this, appropriate support systems need to be in place. Covid-19 placed additional strain on staff working across health and social care, placing them at increased risk of compassion fatigue, adverse mental health outcomes, and burnout. NHS Lothian Charity is supporting enhanced psychological services for staff across NHS Lothian. As a result of the additional interventions that have been put in place, staff are able to access timely and effective psychological treatment which has improved their mental health.

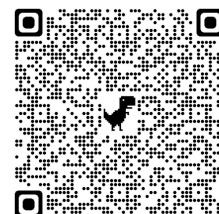
“ I am so grateful that this service exists. I was directed to it when I was unwell and unable to work, and this help has got me not just back to work but thriving. ”
- NHS Lothian staff member



Improving mental health across NHS Lothian

Supporting the psychological wellbeing of healthcare staff has already resulted in benefits to the individuals and the wider organisation:

- Of those absent from work, 80% completed psychological treatment and 73% of staff had returned to work by the final session.
- For those that completed treatment, 68% reduced from moderate to severe levels of distress to normal or mild levels of distress by the final appointment. 69% are considered to have made a recovery following treatment, with a further 11% having made an improvement.



Website:  nhslothiancharity.org

Social media:     @nhslothcharity