

# Staff Health and Wellbeing

A Resource for  
Community Healthcare Organisation  
Area 1 Employees  
to Support  
Wellbeing at Work  
Autumn 2020

CAVAN

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***Members of the CHO 1 Staff Health and Wellbeing Governance Group***

# Introduction

Wellbeing at work is important for health care staff, their families and their patients and service users. This booklet provides information on available supports for all staff in the CHO 1 area.

Wellbeing can be described as having a healthy and happy existence. The World Health Organisation defines wellbeing in its broadest sense as “an optimal state of health,” concerning an individual’s physical, mental, emotional and spiritual state of being. It is important that you aim to look after all aspects of your health so that you have a balanced approach to your overall wellbeing.

Staff Health and Wellbeing is one of three strategic priorities specified by the Healthy Ireland Framework, alongside System Reform and Chronic Disease Prevention. Since the beginning of the CHO 1 Healthy Ireland Implementation Plan 2018-2023, there have been a range of initiatives to support Staff Health and Wellbeing including the Ballyshannon Pilot Programme, staff health checks, flu vaccination clinics, smoking cessation supports, supporting staff choirs, pilates, yoga, mindfulness, healthy eating cookery demonstrations, interventions to include mental health promotion including Minding Your Wellbeing and Stress Control and national initiatives such as Steps to Health, Ireland Lights Up and Love Life Love Walking.

This resource guide hopes to present staff with a range of supports for all types of health and wellbeing scenarios. It will be updated annually to ensure it is an effective and valuable resource. However, in the current context, all of us need to be aware of working safely in the time of Covid-19. We will also be issuing regular Staff Newsletters, so please keep an eye out.

There are many supports available on Covid 19 which are housed under:  
<https://healthservice.hse.ie/staff/coronavirus/safety-in-the-workplace/managing-employees-return-to-work-safely1.html>

They include Return to Work Safely protocols, guidelines on social distancing in the workplace, staff travel guidance, and information on safely working from home.

## To contact the SHWB team:

- Cara O’Neill, Head of Service Health and Wellbeing, CHO 1.  
Cara.oneill@hse.ie, 071 91 49684
- Siobhan Patten, Lead: Staff Health and Wellbeing, CHO 1.  
Siobhan.patten@hse.ie, 074 91 09133 / 087 1322169
- Ciara Kane, Project Officer, Staff Health and Wellbeing, CHO 1.  
Ciara.kane@hse.ie, 071 98 34610 / 087 3526551
- Anne McAteer, Health Promotion and Improvement Manager, CHO 1.  
anne.mcateer@hse.ie, 074 91 09110 / 087 6148812



# Physical Wellbeing



Physical wellbeing is about being aware of your body and of what it needs to remain fit and healthy throughout your lifetime. It is about taking care of your physical body so that you are able to carry out your daily activities as well as possible. Feeling physically well also has a significant impact on your mental health.

Being physically well includes paying attention to your diet and physical activity levels. It also includes monitoring your stress levels, your use of alcohol, tobacco and drugs.

## Tips for your physical wellbeing:

- Build regular physical activity (at least 30 minutes of moderate to vigorous activity) into your daily routine and make a commitment to yourself to do it!
- If you are desk-based aim to get up, stretch and move around regularly throughout the day. Check out the YouTube videos from Irish Heart Foundation
- Plan and prepare healthy lunches/snacks to bring to work or select healthy options in the canteen/café.
- Be aware of your alcohol consumption and aim to stay below the maximum recommended number of drinks/units per week (11 standard drinks for women and 17 standard drinks for men).
- If you smoke, get support to quit from your local Stop Smoking Advisor or [www.quit.ie](http://www.quit.ie). As a HSE staff member, you are entitled to free supports to help you quit.
- Complete the e-learning module Display Screen Equipment on [www.HSEland.ie](http://www.HSEland.ie) to ensure that your work station is hazard free.
- Follow the guidelines for Covid 19 protections for staff
- Avail of the free flu vaccination for all staff



*HSE staff attending an on-site yoga class*



*HSE staff and family attending the annual Operation Transformation 5km parkrun/parkwalk in Phoenix Park, Dublin*

# Physical Wellbeing



## Supports available to you:

- Cycle to work scheme <https://www.hse.ie/eng/staff/benefitsservices/cycle-to-work-scheme/>
- Walking routes at some HSE sites <http://www.hospitalwalks.com/about-us/>
- Run Ireland <https://www.runireland.com>
- Ireland Lights Up <https://www.getirelandwalking.ie/gaa/> (annually every January/February)
- Love Life Love Walking <https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/national-policy-priority-programmes/love-life-love-walking-2020.html>- A national HSE walking initiative
- Steps to Health Challenge <https://www.hse.ie/stepschallenge> - A national HSE walking initiative which takes place annually
- Solas Donegal <https://solasdonegal.org> - Staff Well-being days that incorporate a guided walk and mindfulness practice. Contact Christina Greene, Programme coordinator at 074 9165058 or 087 2903745
- Healthy Eating guidelines <https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/>
- How to eat well <https://www2.hse.ie/wellbeing/how-to-eat-well.html>
- Get recipe ideas available from Irish Heart website - <https://irishheart.ie/recipes/> and from safefood website <https://www.safefood.eu/Rec>
- Smoking Cessation Supports <https://www2.hse.ie/quit-smoking/>
- Tobacco Free Campus <https://www.hse.ie/eng/about/who/tobaccocontrol/campus/> (Fiona.boyle@hse.ie, maresa.mcgettigan@hse.ie)
- See [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie) and [www.alcoholforum.org](http://www.alcoholforum.org) for support issues relating to alcohol
- Flu Vaccination support and information [Shona.gallagher@hse.ie](mailto:Shona.gallagher@hse.ie)
- Irish Cancer Society - Melanoma <https://www.cancer.ie/cancer-information-and-support/cancer-types/skin-cancer>



# Physical Wellbeing



## Supports available to you:

- Know Your Numbers card available to order from [www.healthpromotion.ie](http://www.healthpromotion.ie)
- Sit / Stand desk available with an Occupational Health referral
- CAWT CoH-Sync Project - Delivering free health and well-being classes via Zoom. The classes include, Art for Wellbeing, Beginners Pilates, Meditation and Mindfulness and Cookery Demonstrations.  
Cavan/Monaghan: Caoimhe Rudden, [crudden@midl.ie](mailto:crudden@midl.ie)  
North Donegal: Siobhan Coyle, [scoyle@dldc.org](mailto:scoyle@dldc.org), 087 3601503  
South Donegal: Lorraine McGowan, [lmcgowan@dldc.org](mailto:lmcgowan@dldc.org) 087 1804593
- Health Ireland Library service  
<https://www.librariesireland.ie/services/healthy-ireland-at-your-library>
- All local Sports Partnerships in CHO1 :  
Cavan - [http://www.cavansportspartnership.ie/Default.aspx?StructureID\\_str=1](http://www.cavansportspartnership.ie/Default.aspx?StructureID_str=1)  
Donegal - <http://www.activedonegal.com/>  
Monaghan - <https://www.monaghansports.ie/>  
Leitrim - <http://www.leitrimsports.ie/>  
Sligo - <https://www.sligosportandrecreation.ie/>
- European Week of Sport <https://www.sportireland.ie/participation/european-week-of-sport>
- National Fitness Day <https://nationalfitnessday.ie/about/>

## Resources and Contacts:

- Staff Health and Wellbeing team  
Siobhan Patten, Lead: Staff Health and Wellbeing, CHO 1.  
[Siobhan.patten@hse.ie](mailto:Siobhan.patten@hse.ie), 074 91 09133 / 087 1322169  
Ciara Kane, Project Officer, Staff Health and Wellbeing, CHO 1.  
[Ciara.kane@hse.ie](mailto:Ciara.kane@hse.ie), 071 98 34610 / 087 3526551
- Health Promotion and Improvement has transitioned to join the Health and Wellbeing Team in CHO 1. They provide training/guidance and support to staff in how to enhance their own health and promote health in their work settings, their communities and their clients.  
Anne McAteer, Health Promotion and Improvement Manager, CHO 1. [anne.mcateer@hse.ie](mailto:anne.mcateer@hse.ie), 074 91 09110 / 087 6148812





# Emotional & Psychosocial Wellbeing



## Supports available to you:

- Human Resources provides a wide range of support services for all staff within CHO1 and Hospital Services including the Employee Assistance Programme (EAP) and Staff Care, which is an independent service that is available free of charge to all HSE employees. Contact Marian Sullivan 087 1853350
- Minding Your Wellbeing - A programme to support effective self-care and wellbeing for staff. Currently under development for on-line provision.
- Stress Control Programme :  
(<https://www.hse.ie/eng/about/who/healthwellbeing/about-us/free-online-stress-control-classes.html>)
- Dignity at Work policy (<https://www.hse.ie/eng/staff/resources/hrppg/dignity-at-work-policy.html>) / Dignity at Work e-learning module on [www.HSELand.ie](http://www.HSELand.ie). There is also a Dignity at Work module for managers as part of the "People Management the Legal Framework" (PMLF) programme also available on [www.HSELand.ie](http://www.HSELand.ie)
- Applied Suicide Intervention Skills Training (ASIST) :  
(<https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/training/training.html>)
- SafeTalk (Suicide Alertness Training) : (<https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/training/training.html>)
- Silver Cloud (<https://hse.silvercloudhealth.com/signup/>) provides free access to all HSE staff to three self-directed online mental health programmes on: Dealing with stress; Building resilience and Improving your sleep. Once on the website, complete the sign-up process and enter the access code 'HSE2020' when prompted
- HSE Mental Health and Wellbeing Initiatives  
(<https://www.hse.ie/eng/services/list/4/mental-health-services/>) / ([www.yourmentalhealth.ie](http://www.yourmentalhealth.ie))
- Psychosocial Staff Supports - These are difficult times for all staff, with staff working long hours and feeling stretched. We need to do what we can to mind our physical and mental health and we need to look out for one another. If you are feeling worried, stressed or if you just need a chat, please email [CHO1.support@hse.ie](mailto:CHO1.support@hse.ie) or call 07491 046 41 and they will call you back



# Occupational Wellbeing



Occupational wellbeing is about feeling sufficiently skilled and capable of fulfilling your day to day employment with the opportunity for learning, progression and growth, in a safe, healthy and supportive work environment.

In the current environment with COVID 19 present and no vaccine available, there are a range of new protocols which must be adhered to which are listed below.

The Occupational Health service is an independent, specialist advisory service. They give staff and management impartial and confidential advice on health and safety issues at work. The Occupational Health service, which is provided by a multidisciplinary team, aims to protect staff from unnecessary risks to their health in their job. The Occupational Health Service is not a substitute for a general practitioner consultation or a treatment service.



*Healthy Ireland Champions attending a training event in Ballyshannon*



*HSE staff in Cavan discussing Healthy Ireland initiatives*

## Tips for your occupational wellbeing:

- Access the HSE Employee Handbook and Induction Pack to learn about the supports and benefits available to you. (<https://www.hse.ie/eng/staff/resources/employee-resource-pack/>)
- iStart Hub on [www.HSELand.ie](http://www.HSELand.ie) - a key resource in relation to Induction
- Familiarise yourself with the COVID 19 Return to Work Protocol and adhere to it at all times
- Avail of the annual free flu vaccination to protect all staff, their families and service users

# Occupational Wellbeing



## Supports available to you:

- Pre-employment health assessment
- Immunisation assessment and vaccination
- Blood/body fluid exposures management
- Assess staff for immunity to tuberculosis and provide contact tracing of staff post-exposure
- Work related health surveillance
- Flu Protection and Vaccination - cho1flu.team@hse.ie
- Sickness absence reviews/fitness for work reviews
- Referral to physiotherapy/dermatology or other treatment
- The Employee Relations Department assists all HSE Service Managers in their engagement with staff and their trade union representatives on work place matters. Some of the key supports include:
  1. Managing and leading negotiations and consultations with unions and employee bodies
  2. Resourcing and advising Line Managers on best practice in the management of staff
  3. Change Management support and lead regarding various change programmes and service initiatives

## Resources and contacts:

- Dr Eileen Cahill Canning, Occupational Health Physician, CHO1 Sligo/Leitrim/Donegal: eileen.canning@hse.ie / 071 91 43839 / 074 91 23784
- Dr Peter Noone, Occupational Health Physician, CHO1 Cavan/Monaghan: occupationalhealth.nehse.ie / 041 68 57811
- Occupational Health Department: Sligo/Leitrim:071 91 43839 / Donegal:074 91 23784 / Cavan/Monaghan:041 6857811
- Marion Sweeney, Health and Safety manager, CHO1, marions.sweeney@hse.ie
- National Health and Safety Training Function <https://www.hse.ie/eng/staff/safetywellbeing/>
- HSE COVID 19 Helpline Tel: 1850420 420
- HR Helpdesk: Tel: 1850 444 925 each day from 8am to 5pm. Email: ask.hr@hse.ie
- Patrick Murray, Head of HR, CHO1: Patrick.murray@hse.ie / Tel: 074 9191731
- Therese Cunningham, HR Manager, Cavan/Monaghan: Therese.Cunningham@hse.ie / Tel: 049 43 73117
- Catherine Hannon, HR Manager, Sligo/Leitrim: Catherine.hannon@hse.ie / Tel: 071 91 49625/32
- Valerie Bradley HR Manager, Donegal: Valerie.bradley@hse.ie / Tel: 07491917

# Occupational Wellbeing



- Health Protection Surveillance Centre <https://www.hpsc.ie>
- CHO 1 Flu Protection Campaign Lead- [cho1flu.team@hse.ie](mailto:cho1flu.team@hse.ie), Tel: 07191 49684, [www.hse.ie/flu](http://www.hse.ie/flu)
- Contact person for advice and supporting pregnant employees in Donegal: Catherine Martin 074 91 91762
- Contact person for liaising in Irish with staff in the 7 Gaeltacht areas in Donegal relating to HR matters: Edel Ellis 074 91 91764
- Contact person for supporting managers with policy/procedure on Bullying in the workplace in Donegal: Aisling Glackin 074 91 91754
- CHO1 twitter account - @hseCommHealth1
- Supports for New Parents – contact [siobhan.patten@hse.ie](mailto:siobhan.patten@hse.ie) or [ciara.kane@hse.ie](mailto:ciara.kane@hse.ie)
- Return to Work Safety Protocol <https://www.gov.ie/en/publication/22829a-return-to-work-safely-protocol/>
- Working from Home guide <https://healthservice.hse.ie/staff/coronavirus/working-from-home/tips-to-protect-your-health-and-wellbeing.html>
- Temporary Accommodation for Health Care workers during Covid 19 <https://healthservice.hse.ie/staff/coronavirus/policies-procedures-guidelines/temporary-accommodation-for-healthcare-workers.html>
- Guide to support deaf or hard of hearing employees <https://www.hse.ie/eng/staff/resources/diversity/guide-to-support-deaf-hard-of-hearing-employees.pdf>
- HSELive <https://www.hse.ie/eng/hselive/>
- Coaching <https://www.hse.ie/eng/staff/leadership-education-development/hse-human-resources-national-coaching-service.html>
- List of Support Contact Persons, HSE National Mediation Service - 046 9251255 (9am to 5pm Mon-Fri) / [mediation.nationalhr@hse.ie](mailto:mediation.nationalhr@hse.ie). <https://www.hse.ie/eng/staff/resources/hrppg/west-support-contacts.pdf>
- National Mediation service - 046 9251255 (9am to 5pm Mon-Fri) / [mediation.nationalhr@hse.ie](mailto:mediation.nationalhr@hse.ie)

# Social & Cultural Wellbeing



Your social wellbeing refers to your ability to interact with people around you and to create connections that support you in your daily life. Having and maintaining social/community links of support (e.g. relationships, friends, family, colleagues, a club, a group) are very important for maintaining positive health and wellbeing, sense of belonging and being valued and cared for. This network provides opportunities for sharing, talking, having fun, learning and getting and giving support.

Your social wellbeing is also impacted by your cultural wellbeing. This is when you feel that you are accepted and supported to freely express your individual differences, whether they relate to your beliefs, values, ethnicity, sexuality, spirituality or sense of identity.

## Tips for your social and cultural wellbeing:

- Engage in the social groups to which you belong and aim to forge new connections
- Join your local sports and social club to avail of a range of social activities
- Join or establish a club, group, organisation, class (sports/book/music/woodwork/faith-based/arts)
- Participate in staff events and activities
- Volunteer in your local community
- Take up a new hobby or learn a skill that involves meeting other people
- Learn about and share with other cultures within your work place and community
- Sign up for a personal development course

## Supports available to you:

- Workplace choirs
- Sports and Social clubs
- Workplace walking initiatives
- Diversity, Equality and Inclusion guide for events
- LGBTI staff supports - The Health Services LGBTI and Allies Network was established in 2017 and aims to support employees who identify as LGBTI. Contact the Network at email [Info.LGBTI@hse.ie](mailto:Info.LGBTI@hse.ie) for further information.

## Resources and contacts:

- [www.getirelandactive.ie](http://www.getirelandactive.ie)
- [www.volunteer.ie](http://www.volunteer.ie)
- [www2.hse.ie/parents](http://www2.hse.ie/parents)
- [www.sportsireland.ie](http://www.sportsireland.ie) - view the list of county sports partnership
- [Active Donegal](http://www.activedonegal.com) - <http://www.activedonegal.com>
- [Men's Shed](https://menssheds.ie) - <https://menssheds.ie>

# Learning for Wellbeing



Learning for Wellbeing is about getting personal and professional fulfilment in work while still maintaining balance in our lives outside of work. It is also about expanding your knowledge and skills and engaging in creative and mentally stimulating activities.

## Tips for your Intellectual wellbeing:

- Register with [HSEland.ie](https://www.hse.ie/eng/learning) to access a range of online learning and professional work hubs
- Seek out and request opportunities to attend continuing professional development events, such as master classes, online learning, staff up-skilling and opportunities for new work experiences.

## Supports available to you:

**Leadership, Education and Talent Development** (LETD) support the professional development and performance of management and staff.

- The provision of support for the implementation of individual and team Performance Management processes. This includes the provision of guides, training and support for line managers and staff.
- Provision of training and development is offered in a range of areas including leadership and management development, team development, personal and professional development planning and bespoke training based on individual consultation with managers and staff
- Coaching: 1:1 confidential coaching support to both managers and staff

**Centres of Nursing and Midwifery Education** - The CNMEs are involved in:

- Supporting education to roll out and implement national clinical programmes. For example, diabetes, older persons and mental health.
- Providing nurse and midwife continuing professional development
- Ensuring that CPD activities provided for nurses and midwives by CNMEs are in line with service need and as advocated by national clinical programmes under the governance of the respective Boards of Management
- Recording, monitoring and auditing the provision of nurse and midwife CPD
- Supporting delivery of QQI Health Care Skills award Level 5 programme for Health Care Assistants via the CNMEs

# Learning for Wellbeing



**Nursing and Midwifery Planning and Development Units (NMPDU)** - To view projects and initiatives in your area, click on the appropriate link below:

- Donegal, Sligo, Leitrim, West Cavan (NMPDU North-West)  
<https://healthservice.hse.ie/about-us/onmsd/onmsd/nursing-midwifery-planning-development/nmpdu-projects-initiatives.html#NMPDU-North-West>
- Louth, Meath, Cavan, Monaghan (NMPDU North-East)  
<https://healthservice.hse.ie/about-us/onmsd/onmsd/nursing-midwifery-planning-development/nmpdu-projects-initiatives.html#NMPDU-North-East>

**HSE Leadership Academy** This new resource is for everyone working in healthcare who is interested in leadership. The aim of the Leadership Academy is to develop leadership across the health service. (<https://www.hse.ie/eng/staff/leadership-education-development/health-service-leadership-academy/about/>)

## **Resources and contacts:**

- Marie O'Haire, LETD, Donegal, Sligo & Leitrim: [marie.ohaire@hse.ie](mailto:marie.ohaire@hse.ie) / Tel: 086 8588462
- Karen Crawford, LETD, Donegal, Sligo & Leitrim: [Karen.crawford@hse.ie](mailto:Karen.crawford@hse.ie) / Tel: 074 9109131 or 087 6672173
- Paul Gahan, LETD, Cavan & Monaghan: [paul.gahan@hse.ie](mailto:paul.gahan@hse.ie) / Tel: 01 881 7177 or 087 0994200
- Anne Carey, CNME Donegal: [anne.carey@hse.ie](mailto:anne.carey@hse.ie) / Tel: 074 91 23728
- Elizabeth Burgess, CNME Sligo/Leitrim: [elizabeth.burgess@hse.ie](mailto:elizabeth.burgess@hse.ie)
- Marian Crosby, CNME Cavan/Monaghan: [marian.crosby@hse.ie](mailto:marian.crosby@hse.ie) / Tel: 041 685 0679
- Eileen Mullan, CNME Cavan/Monaghan: [eileen.mullan@hse.ie](mailto:eileen.mullan@hse.ie) / Tel: 047 95 383
- Dr Anne Gallen - Director and National Lead Nursing and Midwifery Quality Care Metrics, Donegal, Sligo, Leitrim and West Cavan: [anne.gallen@hse.ie](mailto:anne.gallen@hse.ie) / Tel: 071 982 2106
- Anita Gallagher - Section Officer, NMPDU North-West: [anita.gallagher@hse.ie](mailto:anita.gallagher@hse.ie) / Tel: 071 98 22106
- Joan Donegan, Director NMPDU North/East: [joan.donegan@hse.ie](mailto:joan.donegan@hse.ie) / Tel: 041 68 60732
- Health Service Leadership Academy, Tel: 01 881 7012 or 01 881 7085  
Email: [leadershipacademy@hse.ie](mailto:leadershipacademy@hse.ie)

# Key Supports

## CHO 1 Psycho-Social Staff Support:



If you are feeling worried, stressed or if you just need a chat, please email

[CHO1.support@hse.ie](mailto:CHO1.support@hse.ie) or call **074 91 046 41** and they will call you back

## Occupational Health:



Local contact details for Occupational Health Departments:

**Sligo & Leitrim:**  
071 91 43 839

**Cavan & Monaghan:**  
041 68 57811

**Donegal:**  
074 91 23784

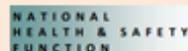
## Workplace Health & Well Being Unit:



<https://www.hse.ie/eng/staff/workplace-health-and-wellbeing-unit/>

Helps support you physically and emotionally throughout your working life

## Health & Safety:



Covid-19 specific health and safety information is available

<https://www.hse.ie/eng/staff/safetywellbeing/healthsafetyand%20wellbeing/safetystatementsandriskassessments.html>

Health & Safety Officer to support and guide locally is: [Marions.sweeney@hse.ie](mailto:Marions.sweeney@hse.ie)

## HSE Covid-19 Helpline:



National HSE Human Resources have set up a dedicated healthcare worker Covid19 helpline

All staff can access this helpline on:

Tel: **1850 420 420**

Mon-Fri: 9am-6pm  
Sat-Sun: 9am- 4pm

## Employee Assistance Service:



An Internal HSE service that provides free counselling for HSE healthcare staff, psychosocial support and the regional Critical Incident Debrief and Defuse Stress Management (CISM)

You can access the service by emailing [marian.sullivan@hse.ie](mailto:marian.sullivan@hse.ie) or phoning Marian on: **087 185 3350**

## Staffcare:



Independent and confidential Counselling Service for HSE staff (Sligo, Leitrim, Donegal)

You can contact the Careline on **1800 409 388** (24/7) or on **0800 731 3674**

## HSE Website:



The [HSE Staff Covid-19](https://healthservice.hse.ie/staff/coronavirus/) web page has several resources for staff inclusive of:

- A weekly staff update
- Minding your Mental Health and Managing Fatigue
- PPE Guidance
- Accommodation
- Testing for staff
- Social distancing
- Essential workers
- Working from home
- Library of resources
- Data Protection
- HR Covid-19 circulars

## Working from home:



For more information and tips on protecting your health and wellbeing while working from home please go to <https://healthservice.hse.ie/staff/coronavirus/working-from-home/tips-to-protect-your-health-and-wellbeing.html>

## HSE Mental Health & Wellbeing Initiative:



A mental health text messaging service which is available 24/7 to connect people with trained volunteers

For details to go [www.gov.ie/together](http://www.gov.ie/together) <https://www.gov.ie/en/campaigns/together/?ref=error=http://www.gov.ie/together/>

## Stress Control:



[Stress Control](https://stresscontrol.org/) <https://stresscontrol.org/>

is a free online programme to help with stress. If you are feeling a bit more stressed than usual, log on to learn ways to deal with it

## Silver Cloud:



Three self-directed online mental health programmes on: Dealing with stress; Building resilience and Improving your sleep. These programmes can be accessed [here](https://hse.silvercloudhealth.com/signup/).

<https://hse.silvercloudhealth.com/signup/> Once on the website, complete the sign-up process and enter the access code 'HSE2020' when prompted