

Professional Support Unit

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SUPPORTING YOUR TEAM



Don't be afraid to ask "Are you ok? Is there anything you need to offload?"



Be the support you would like to receive.
Lead by example



Look for signs of stress. Be aware of difficulties beyond the workplace.



Remind your team of their strengths and skills. Act with shared purpose.



Provide regular forums to address concerns. Keep everyone in the loop – including staff currently self isolating.



Our brains and bodies need breaks.
Healthy eating, rest and exercise recharge both.



Quality beats quantity when communicating
Ensure accurate information updates to mitigate any worry / uncertainty.

YOUR HEALTH IS AS IMPORTANT AS OUR PATIENTS'

WE'VE GOT THIS – WE'RE MAKING A DIFFERENCE
