



**Staff in Mind is a virtual wellbeing hub that is accessible to all health and local authority social care staff in the Sussex area.**

- The Staff in mind website gives you the opportunity to complete a self-assessment about how you are feeling, have a confidential follow-up appointment with a member of our team and be supported to access mental health treatment if needed.
- We also offer consultations for teams that are in need of mental health and wellbeing support.

**[www.sussexstaffinmind.nhs.uk](http://www.sussexstaffinmind.nhs.uk)**

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