

"The member of staff was fantastic. She was very supportive and empathetic. She made me feel much better about coping and helped me get strategies in place".

"I have received help from the hub and sincerely wanted to thank all involved - I was phoned within 24 hours and spoke with an incredibly kind psychologist".

"His support 3 weeks ago has helped me stay sane, to cope, to be able to support my family...I could not thank you all more".

"That was on a Saturday afternoon and for him to have voluntarily phoned on his downtime is incredibly kind".

"This service is excellent and much appreciated thank you. Doctor I spoke with was very kind and helpful and patient".



## Grampian Psychological Resilience Hub



### Did you know...?

The hub was set up to directly respond to the COVID-19 pandemic. It is led by senior psychologists from Grampian and staffed by a range of professional groups. In the first six weeks of operation, the hub has seen over 250 people and demand continues to grow week on week.

It's a completely virtual hub, with support available by telephone. You can self refer - you don't need your GP or other clinician to refer you. The referral form is available at: [covid19.nhsgrampian.org/mental-health-support/](https://covid19.nhsgrampian.org/mental-health-support/)

The hub is open to a wide range of health and social care staff - including care home staff - working across Grampian and any member of the general public. The hub is not just for adults - children and young people can receive support as well.

The hub is also supporting staff and the public in Orkney. You do not need to be at 'crisis' point to access the hub - around a third of those seen so far have been supported with lower levels of anxiety or depression.