

The Lancashire and South Cumbria Psychological Resilience Hub

We all know that working can be highly stressful and that under normal circumstances we are usually able to manage the demands and resulting stress. However, Covid-19 has resulted in all of us experiencing some level of adversity, trauma, increasing demands and pressures as well as uncertainty. For some it might feel relatively minor, for others it will have been significant.

In recognition of the above the Resilience Hub was set up to provide a service for public sector workers and their immediate family members who have been adversely affected by Covid 19.

The Hub team consists of:

- ❖ Psychological Therapists and Clinical Psychologists who have significant experience of working with stress, distress and trauma.
- ❖ Prescribing Pharmacists who provide consultation and review of medication-related issues.
- ❖ Administration staff who ensure the efficient processing of referrals.

We offer:

- ❖ A single point of access for all referrals.
- ❖ An online self-assessment tool with an option to self-refer to the Resilience Hub.
- ❖ A stand-alone clinical system to ensure confidentiality.
- ❖ A triage appointment to determine the right type and level of psychological/pharmacological support.
- ❖ We work on a 1:1 basis; in small groups or offer an intervention to a whole team.

The process:

- ❖ After you have completed the online self-assessment (click on link below), you can choose to refer yourself to the Resilience Hub <https://lshub.mayden.co.uk>
- ❖ Please contact the Resilience Hub on 01772 520228 or email lshub@lscft.nhs.uk if you would like further information about the service, or are unsure whether you would like to refer yourself or would like to discuss a potential referral.
- ❖ There is also helpful information on the Resilience Hub website: <https://lscresiliencehub.nhs.uk/>
- ❖ To find out more about the Resilience Hub and the online screening/referral process, please watch this [video](#)

Please note that the Resilience Hub is not a crisis service. If you or someone you are concerned about needs urgent help, please contact your GP or a crisis service. To contact the Mental Health Crisis Line call 0800 953 0110 and for the Samaritans call 116 123.