

Working together to stay well  
and keep each other in mind



Southern Health  
NHS Foundation Trust

# Psychological support offer from Southern Health to all our partners

We are in this together and are here whenever you need us.

## We can provide you with:

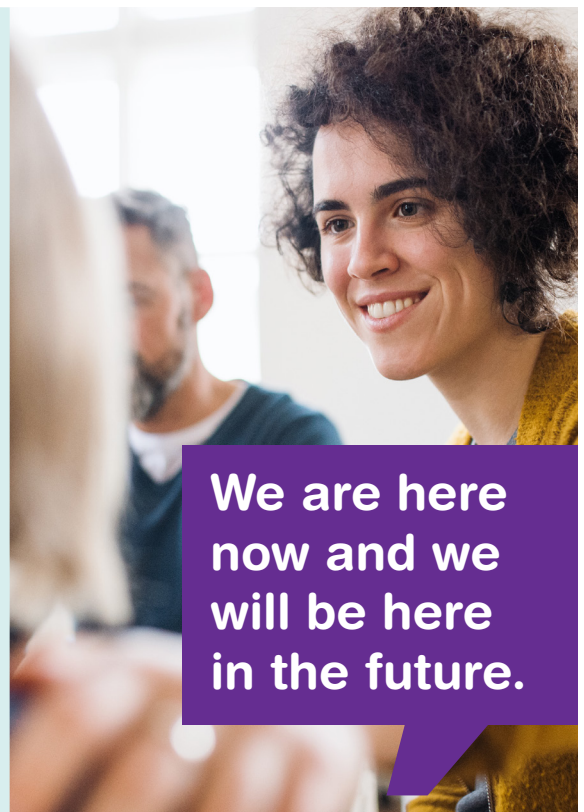
- Expert psychological support following any difficult experience
- Access to our comprehensive wellbeing hub
- Education, webinars and resources

## Access to confidential mental health & wellbeing support through our:

- 24/7 text message support through Chat Health
- Silvercloud Digital therapy support
- italk talking therapies service

## Access to Specialist Psychological Therapy through:

- Hampshire Psychological Therapies Services
- Fast track access for staff from partner organisations
- Support sessions for teams, managers, and leaders



We are here  
now and we  
will be here  
in the future.

To find out more and access this support please contact  
[psychologicalsupport@southernhealth.nhs.uk](mailto:psychologicalsupport@southernhealth.nhs.uk)



If one of our clinically designed platforms is not right for your needs, we can offer bespoke solutions developed by clinical experts in their field. To discuss further, please get in touch: [psychologicalsupport@southernhealth.nhs.uk](mailto:psychologicalsupport@southernhealth.nhs.uk)

All these interactive offers are high-quality, evidenced-based interventions, provided by trained and competent staff. We will ensure timely psychological services are provided to enable you to gain maximum benefit, and to complement people's natural coping mechanisms and other sources of support. We will work in partnership with other local providers to build bespoke support tailored to your needs.

[www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk)

In a crisis you can contact our 111 24/7 mental health support service