



CALM Self Help

Part of the prevention services available from ThinkWell is an online multimedia health information and self-help package called CALM. Using interactive assessment tools and personal multimedia programmes, CALM is designed to let the individual take control again, whether they are feeling down, worried sick, under pressure or having sleepless nights.

CALM is designed to be used when it is convenient for the individual and can be accessed completely confidentially 24 hours a day, 365 days a year from any PC with internet access. To create a secure personal account you will need to create a username and password. You will also need to provide a postcode from within Staffordshire (this does not need to be your own postcode) or you can use any SCC work location postcode.

Access Calm by visiting:

www.sccthinkwell.calmyou.com

To find out more about ThinkWell visit:
www.intra.staffordshire.gov.uk/ThinkWell

Staffordshire Employee Wellbeing



Take Notice - Reflecting on experiences will help you appreciate what matters to you and others and allows you to act to improve life at work and home.



Be Active - Being active makes us happier as well as being good for our health. Discover a physical activity you enjoy and one that suits your level of mobility and fitness.



Keep Learning - Learning new things gives a sense of accomplishment, boosts self-confidence and can improve our social networks.



Give - Doing things for others - whether small, unplanned acts or regular volunteering - is a powerful way to boost our own happiness as well as those around us.



Connect with people - Connect with the people around you - family, friends, neighbours or make new connections.

Living Life Well

If you would like this information in large print, Braille, Audio disk, British Sign Language or any other language please contact us on: 01785 355777

For those times when life feels like an uphill struggle...

...getting help early makes all the difference

ThinkWell

offers friendly, confidential help to keep your mental health on track



 Staffordshire
County Council

ThinkWell Service – supporting you to care for your emotional wellbeing

There are times when life feels like an uphill struggle but getting help early can make all the difference. ThinkWell provides friendly, confidential, fast track access to prevention and early intervention services which meet the needs of individuals who are struggling with their emotional wellbeing. The support available from ThinkWell includes self-help courses, access to on-line, telephone and individual counselling from independent counsellors.



Manager referrals

To ensure individuals get the help they need, managers are expected to make referrals to ThinkWell at the earliest signs that the emotional wellbeing of an individual might benefit from support.

A manager must discuss with the individual a referral to ThinkWell where they are absent from work for a reason which could be described as having a psychological basis including anxiety, stress, depression or bereavement. Clinical evidence has shown that the earlier support is made available the better the chance of a speedy recovery.

Getting quick access to the support only requires a manager to complete the referral form, including the employee's signature and forward this to ThinkWell. The individual will then be contacted for a telephone assessment as soon as possible. The assessment will provide immediate confidential advice for both the individual and the manager about how to support their wellbeing.

Getting help directly

Colleagues can request support for themselves directly from ThinkWell by completing a self-referral form or telephoning. Anyone accessing ThinkWell in this way will receive all the same benefits as those who are referred by their managers. These self referrals are strictly confidential and managers will not be notified or receive any reports.

