



New Regional Workforce Wellbeing Website launched

[Resource Hub | Regional Workforce Website \(hscni.net\)](#)

Over the last year the Regional Workforce Wellbeing Network led by Dr Sarah Meekin, Head of Psychological Services in BHSC, worked closely with the HSC Healthier Workplaces Network, chaired by Seamus Mullen and Janet Calvert (PHA) to develop a Regional HSC Staff Wellbeing Resource website.

The Regional Workforce Wellbeing Network which supported this work, has representation from a range of Health and Social Care (HSC) organisations and the wider health sector in Northern Ireland.

The Network recognised the impact the COVID pandemic had and continues to have on our staff wellbeing and on work/life balance. The Network initially compiled information about psychological support services for managers for their staff working across HSC in Northern Ireland.

Staff wellbeing is a key priority within the HSC Workforce Strategy. COVID has placed significant added stressors for the HSC workforce and ongoing stressors and challenges exist for staff working across the wider Health and Social Care sector in the day-to-day delivery of health and care services. The Regional Workforce Wellbeing Network is working in partnership with a range of stakeholders to develop strategies and resources to support staff in their ongoing work and this website in an addition to this work.

In order to continue to support staff wellbeing in HSC and address the impact of the pandemic on staff wellbeing, the website offers the opportunity to build on the work of the Regional Workforce Wellbeing Network and to share members' expertise and resources. Content of the website is overseen by the Network, with support from Carrie Crossan (PHA).

The website hosts a library of resources, easily accessed using a search tool. HSC Staff and their families can search for publications, websites links and videos relating to support for example, mental health, grief and bereavement, self-care, dealing with stress and anxiety, domestic abuse, children and young people, families and much more”.

A Recovery Toolkit for staff has also been developed, in partnership with HSCQI, to ensure this is prioritised within organisations and also to help teams to have conversations about their needs moving forward.

To provide any feedback on the website or ways it can be improved or to request more information email regionalworkforce.wellbeing@hscni.net