

# Core brief

## Daily update

(23 March 2022, 3.20pm)

Topics in this Core Brief:

- Occupational Health Psychological Therapies Service
- Help your friends and family get the right care for their urgent needs
- Caroline Lamb salutes staff effort on lockdown anniversary

### Occupational Health Psychological Therapies Service

The last in the series of messages on the OHPTS focuses on peer support. We are keen to ensure all staff know where they can find out different ways to look after your own mental health and wellbeing and how to contact the Occupational Health Psychological Therapies Service (OHPTS).

The peer support training programme has been designed to help staff support each other during challenging times using the principles of Psychological First Aid. More information will be available about how to access these peer supporters and how to apply to be one in the coming weeks.

If you feel you need support beyond the resources covered in Core Brief this week then please get in touch with the OHPTS. The video below (one minute long) is available on the NHSGGC You Tube Channel and gives you information on our service. You can call us on: 0141 277 7623. ['How to access psychological support from OHPTS'](#)

For more information visit [Hot Topics](#) on StaffNet.

### Help your friends and family get the right care for their urgent needs

As pressure from COVID-19 continues to intensify, our health and care services have never been in a more difficult position. While many of the people coming through our front doors are very sick and injured, there remain significant numbers who could and should be treated elsewhere.

That's why we're asking all staff to familiarise themselves with the Right Care, Right Place model of unscheduled care and check with families and friends that they know the right ways of accessing unscheduled care – which may not always be through our A&Es.

By raising awareness of alternative pathways, we can support our front door staff in managing current pressures, while also helping our patients receive a more efficient care experience where they will be seen faster, and receive the right type of care for their needs.

### What can you do to help?

Talk to your family and friends about the current pressures and about the different services available to treat urgent problems. Let them know about our appeal to the public only to attend A&E if very urgent or life-threatening.

1. Remind them that they will be treated faster by calling NHS24 on 111 and accessing expert treatment from our Flow Navigation Centre team.
2. Remind them they could receive a virtual consultation resulting in a planned appointment, rather than having to wait about in an A&E.
3. Share our recent [Facebook](#) and [Twitter](#) social media messaging on your own channels.

#### Other resources to share

NHS Inform: [Right Care Right Place](#)

NHSGGC's [Right Care Right Place web pages](#)

#### Caroline Lamb salutes staff effort on lockdown anniversary

On the second anniversary of the first COVID-19 lockdown, Caroline Lamb, NHSScotland Chief Executive and Director General for Health and Social Care, has paid tribute to health and social care staff saying their effort and sacrifices during the last two years have been "heroic". [Click here to read more.](#)



Please keep up-to-date with the latest guidance on our dedicated web pages at: [www.nhsggc.org.uk/covid19](http://www.nhsggc.org.uk/covid19). If you have any questions about the current situation please check the FAQs first. If you have any further questions, please email: [HR.Support@ggc.scot.nhs.uk](mailto:HR.Support@ggc.scot.nhs.uk).

\*\*\*Staff are reminded to make sure their [personal contact details are up to date on eESS](#).\*\*\*

**Are your contact details up-to-date? [Click here](#) to check**