

TRAUMA-FOCUSED WELL-BEING PLAN



A psychological,
trauma-
informed well-
being plan
tailored to your
individual needs



Liverpool University Hospitals
NHS Foundation Trust

MY JOURNEY SO FAR

Use this space to think about how you have come to this point (e.g. events that have happened, coping skills you have learnt)



WHAT IS IMPORTANT TO ME AND KEEPS ME WELL?

These might be things you enjoy, things you need every day, things that make you feel good about yourself, things that give you a sense of achievement.

What is important to me?

E.g. My family

How can I act in line with this?

E.g. Arrange to meet family for a coffee



HOW DO I COPE WHEN THINGS GET TOUGH?

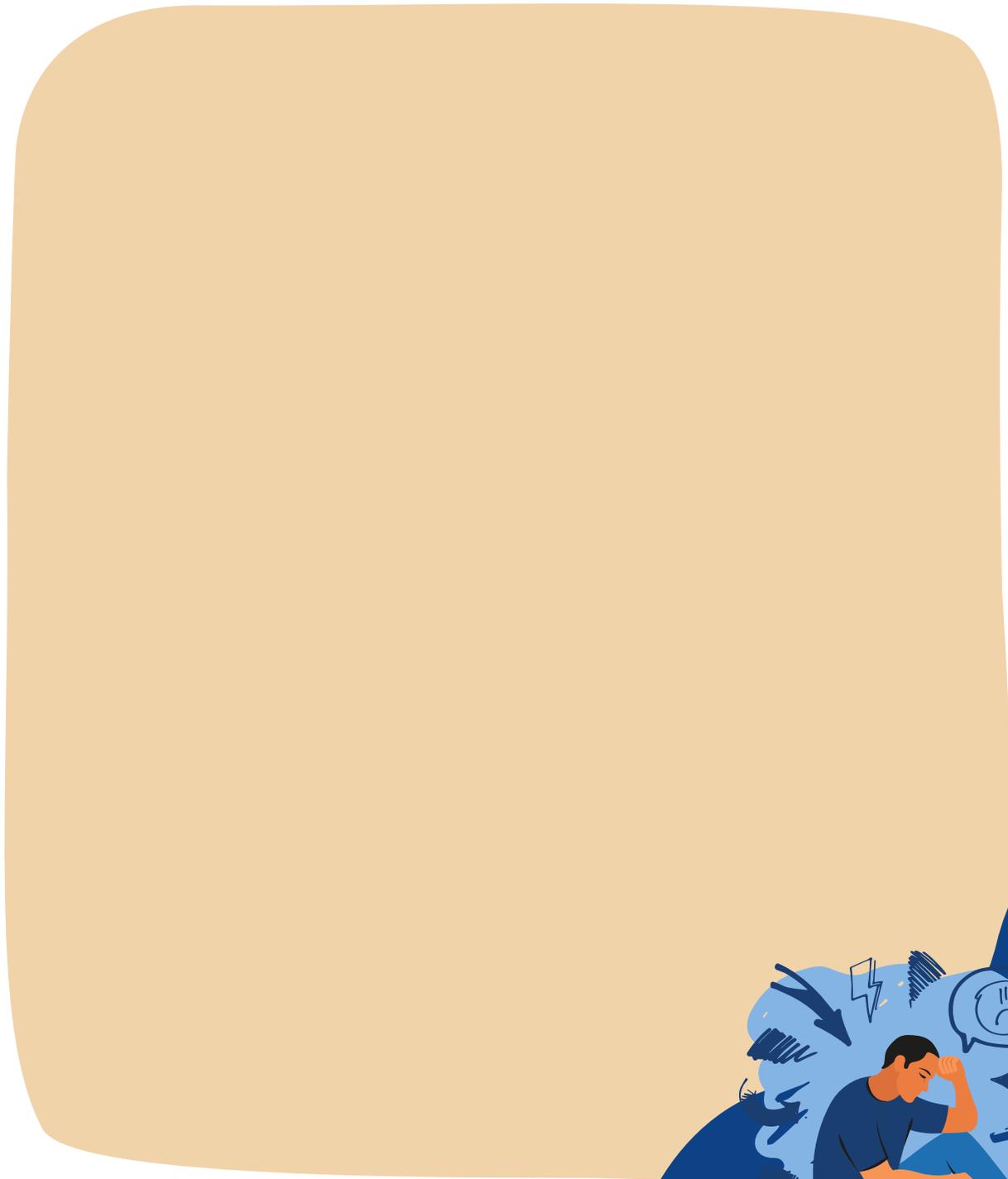
Think about what helps you when you have to manage a difficult situation.
What has worked well in the past when you have struggled?

For more coping strategies that can be helpful in managing psychological distress, please see the psychoeducation document, which can be accessed by the QR code.



WHAT MIGHT BE DIFFICULT FOR ME TO MANAGE?

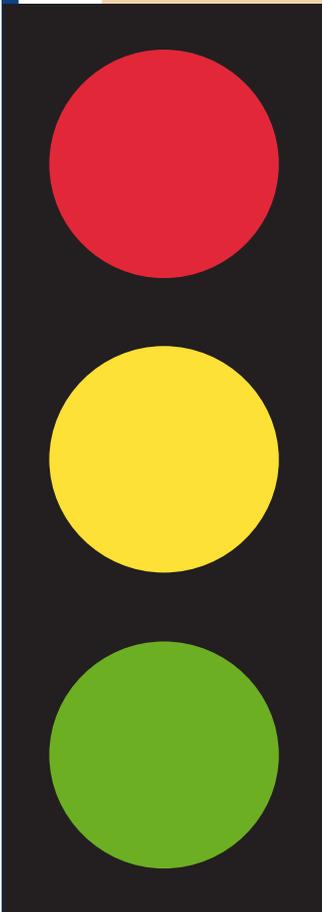
It can be helpful to consider what might be difficult so that we can plan ahead about what might help. Think about what situations and triggers might occur in your day to day job and how you could navigate these.



WHAT ARE SIGNS THAT I AM STRUGGLING?

At each level of the traffic light, think about:

- What will I notice in my behaviour and body? For example, emotionally and physically
- What will others notice in how I act?
- What do I want others to help me to do?



Red: I'm really struggling

Amber: I'm starting to become anxious/distressed

Green: calm, able to go about my job and activities with no difficulties.



WHAT MIGHT HELP YOU IN WORK?

Is there anything that might make work more manageable? This might be reasonable adjustments that your line manager and Occupational Health may be able to think with you about.



SUPPORT SERVICES

Below are some services that can offer further support and advice if needed

LUHFT Staff Support Psychology and Counselling Service:

<https://staffhub.liverpoolft.nhs.uk/working-with-us/staff-psychology-service.htm>

Samaritans

24 hour helpline/email providing support to anyone in distress

116 123 or joesamaritans.org

Talk Liverpool

NHS talking therapies for people aged 18+ and registered with a Liverpool GP

0151 228 2300

Maximus

Mental health support to help people return to/remain in work

<https://atw.maximusuk.co.uk/contactus/>

Hub of Hope

Mental health support database providing support

<https://hubofhope.co.uk/>

RASA

Offers support and advocacy to those affected by sexual abuse

www.rasamerseyside.org

Life Rooms

Recovery college offering psychological support and courses

www.liferooms.org





luhftpsychology@liverpoolft.nhs.uk



<https://www.liverpoolft.nhs.uk/professionals/occupational-health-and-wellbeing>

This document was created by trainee clinical psychologists on behalf of the Staff Support Psychology Service within LUHFT.

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