

Guidance Document 4

Sources of Support

University Counselling Service is available and can offer 1-2-1 support. You can email them for an appointment on counselling@abdn.ac.uk. The University Counselling Service is available for all parties involved with the investigation, including The Investigating Officer and Commissioning Officer.

Our **Multi Faith Chaplaincy** is available to all students and staff and is a place of pastoral support. You can contact one of our chaplains for a conversation and support by emailing chaplaincy@abdn.ac.uk.

The **University's Employee Assistance Programme** provides a free, confidential face to face and telephone counselling service as well as information services. This is available 24 hours a day, 7 days a week.

<http://www.carefirst-lifestyle.co.uk>

Username: Aberdeen

Password: employee

Togetherall (formally known as the Big White Wall), an online mental health and wellbeing service offering self-help programmes, creative outlets and a community that cares <https://togetherall.com/en-gb/>

University of Aberdeen Wellbeing Toolkit - <https://www.abdn.ac.uk/staffnet/working-here/wellbeing-portal/winter-wellbeing-toolkit-12278.php>

Mental Health First Aiders listen, can have a confidential conversation about your mental health and, if needed, assist you in getting appropriate support - <https://www.abdn.ac.uk/staffnet/working-here/wellbeing-portal/physicalhealth-10503.php>

The Workplace Dignity Network aims to provide support to staff who would like to chat through wellbeing concerns. This could be in relation to bullying/harassment, stress, work relationships, work/life balance or mental health issues. The Coordinators are a listening ear. Sometimes it just helps to share an issue and discuss it. The Coordinators can also signpost you to other sources of support which you may not have considered previously.

<https://www.abdn.ac.uk/staffnet/working-here/support-services.php>

Human Resources are available to advise and assist with any queries.

<http://www.abdn.ac.uk/staffnet/working-here/hr-employment-services-3031.php>

The University of Aberdeen has three recognised **Trade Unions**, **UCU**, **Unite** or **Unison**. There are members across all grades and professions, in all sections and all schools, and at all levels of the University including senior management. The University is positive about trade union involvement, and it puts time and resources into recognised union activity.

Occupational Health service

All staff are entitled to consult the service for advice on health matters. Occupational Health focuses on the prevention of ill-health and promotion of health at work and provides advice so that health related problems are effectively managed

The service is staffed by occupational health physicians and advisers. All consultations are in strict medical confidence.

<https://www.abdn.ac.uk/staffnet/working-here/support-services.php#panel5511>