



Llywodraeth Cymru  
Welsh Government

**Dr Frank Atherton**  
**Prif Swyddog Meddygol/Cyfarwyddwr Meddygol, GIG Cymru**  
**Chief Medical Officer/Medical Director NHS Wales**

**Prof Jean White**  
**Prif Swyddog Nyrsio/ Cyfarwyddwr Nyrsio ar gyfer GIG Cymru**  
**Chief Nursing Officer/Nurse Director for NHS Wales**

Medical Directors, NHS Wales  
LHB/Trust Chief Executives  
Directors of Public Health  
Directors of Nursing  
British Medical Association  
Royal Colleges of General Practitioners

27 January 2021

Dear Colleague,

### **Health for Health Professionals Wales**

You may recall that we wrote to you in April last year to make you aware that Welsh Government provided the Health for Health Professionals Wales service with extra funding to provide a much larger programme of work recognising the significant stress and trauma that would be faced by our NHS staff during the Covid-19 pandemic. This letter comes from us both to make you aware that a new website has now been launched to support the Health for Health Professionals Wales service (HHP Wales).

To reiterate, **HHP Wales** is a confidential and free, tiered model of mental health support available to everyone working, studying and volunteering for the NHS in Wales. It aims to provide support to those with acute symptoms such as feeling overwhelmed and distressed or having difficulties managing the various challenges that the pandemic has brought. Staff experiencing symptoms of anxiety, depression, alcohol use disorder, post-traumatic stress disorder (PTSD) and other conditions may benefit from the service provided.

The service operates between 9.00am and 5.00pm, weekdays and can be accessed via the self-referral form on its new website. It is not an emergency service, however you will be able to find details for appropriate out-of-hours and emergency support services on the HHP Wales website.



BUDDSODDWR MEWN POBL  
INVESTOR IN PEOPLE

Ffon/Tel: 03000257028  
Parc Cathays, Caerdydd CF10 3NQ Cathays Park, Cardiff CF10 3NQ  
Epost/Email: PSChiefMedicalOfficer@wales.gsi.gov.uk

## Contact information:

New website details: <https://hhpwales.nhs.wales/> Email: [HHPCOVID@cardiff.ac.uk](mailto:HHPCOVID@cardiff.ac.uk)  
Phone: 0800 058 2738. You may also wish to disseminate the PDF below.



HHP poster Welsh  
English 2.pdf

After contacting the service, individuals are directed to a trained doctor advisor who will triage their need and signpost them on to one or more of the following services:

- **Self-help**  
In collaboration with HEIW and the NHS England Practitioner Health service we are able to signpost to numerous mobile applications, self-help guides, virtual groups and other services.
- **Peer Support**  
This will give access to volunteer peer-support providers. Doctors and medical students will be directed to the services run by the BMA. Other NHS staff will be directed to a HHP Wales service.
- **Guided Self-Help**  
Three guided self-help services can be accessed. These are provided by either SilverCloud, BABCP accredited therapists or Traumatic Stress Wales using *Spring* - a new PTSD guided self-help programmes.
- **Virtual face-to-face consultations**  
Individuals can receive up to eight sessions of CBT from a BABCP accredited therapist.

HHP Wales is working in collaboration with Able-Futures and has been designed to work in conjunction and to be complementary to the services offered by occupational health departments and the support available to an individual through their GP. If you are interested in being involved in supporting the service or have any further questions then you can get in touch via [HHP@cardiff.ac.uk](mailto:HHP@cardiff.ac.uk).

During the inaugural Health for Health Professionals Symposium in December it was made very clear how necessary and valuable this programme is especially since the demands of responding to Covid remain persistent and long-term. I hope the service provides a helpful way to support local efforts to ensure that we are able to support the health and wellbeing of our workforce.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Frank Atherton'.

DR FRANK ATHERTON  
Chief Medical Officer

A handwritten signature in black ink, appearing to read 'Jean White'.

PROFESSOR JEAN WHITE CBE  
Chief Nursing Officer