

Workforce Specialist Service

A confidential mental health service for all regulated professionals working in health and social work/social care sectors in Scotland

Find out more:

For more information about the Workforce Specialist Service, delivered by Practitioner Health:



wellbeinghub.scot/the-workforce-specialist-service-wss/



Email: prac.health@nhs.net



Phone: **0300 0303 300**



Scottish Government
Riaghaltas na h-Alba
gov.scot

How does the WSS ensure confidentiality?

Health and social work/social care professionals may be concerned about accessing help for mental health or addictions problems for various reasons.

The Workforce Specialist Service has been established so that you can get the help you need confidentially because of agreements that have been put in place with relevant regulators.

What is the Workforce Specialist Service?

The Workforce Specialist Service (WSS) is a confidential mental health service for all regulated professionals working in health and social work/social care sectors in Scotland.

The service is provided by health professionals specialising in treatment for issues such as anxiety, depression and addiction.

It is part of a package of support that aims to improve the wellbeing and mental health of the health and social care / social work professionals across Scotland.

The WSS is not a crisis service.

If you are in crisis or feel unsafe or at risk to yourself or others, then you should contact 111/999, your own GP or attend your nearest Emergency Department/A&E as soon as possible.

Who is the service for?

The WSS is for all regulated health and social care / social work professionals in Scotland who may be reluctant to seek help because of concerns about confidentiality or the impact it would have on their career.

This service specialises in working with professionals who provide care to others.

What treatment can the WSS provide?

The WSS is a confidential primary care-led mental health treatment service, delivered by a multi-disciplinary team of mental health care providers, that can treat professionals suffering from a range of mental health issues such as stress, anxiety, depression or addiction, with a focus on the impact this may have on their work.

What other wellbeing support is available?

The National Wellbeing Hub contains a broad range of advice and evidence-based digital resources to help staff cope with issues such as stress, anxiety and resilience, and improve sleep. Visit **wellbeinghub.scot**

The National Wellbeing Helpline – **0800 111 4191** – provides a compassionate listening service that's available 24/7 and can offer advice, signposting and onward referral (with consent) to local staff support services where required, including out of your area.

A range of mental health and wellbeing support, including psychological services specifically for health and social care staff, is available at local level. Further information on these is available on the **National Wellbeing Hub**.