

One Culture of Care Support for You



The Cupboard
One Culture of
care

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We understand going through a formal process can be a difficult time and you may need some additional support.

CHFT believes that 'One Culture of Care' is at the heart of what we do. Please see below support channels available to you or alternatively contact details can be found by visiting:
the cupboard.cht.nhs.uk

Support Channels	
<p>Chaplaincy chaplaincy@cht.nhs.uk 07786660785</p>	<p>Trade Unions (via their website)</p>
<p>Wellbeing Team occupational.healthCHT@cht.nhs.uk 07795540181</p>	<p>Samaritans Call free: 116 123 jo@samaritans.org (response time - 24 hours)</p>
<p>Freedom to Speak up Guardian Nicola.hosty@cht.nhs.uk 07795497362</p>	<p>Andy's Man Club (Helps men to open up about their mental health problems) info@andysmanclub.co.uk Twitter: @AndysManClubUK</p>

