

Staff Counselling and Psychological Support Services



Resources for growth and helping yourself

Introduction

About Amica

Staff in the public sector are working under tremendous pressure – with increasing demand on our services from the public in a climate of stringent financial control.

Sometimes the stresses and strains on our staff can become too much. For this reason, **Amica** provides both telephone counselling and access to face to face counselling.

The service, which has been developed over the last 10 years, provides free debt advice and one hour of legal advice, as well as a psychological debriefing for any staff who have been involved in a critical incident with the workplace.

A team of qualified counsellors and psychologists, who are experienced in workplace counselling, are on hand to support individuals and groups of staff when needed.

Amica is an NHS-based service; all the counsellors and psychotherapists are employed by the University Hospitals of Leicester NHS Trust. It provides services to a number of other NHS and Public Sector organisations. Currently 60,000 staff are covered by its services.

Confidentiality is the key to our success and attendance is not recorded and appointments can be made at all three hospital sites.

How we can help

We provide a number of services including:

- Telephone counselling
- Face to Face counselling
- Group counselling
- Legal advice and support where we offer solicitor details to you
- Mediation services
- Supervision support
- A Wellbeing Discussion Group
- Emotional Resilience training
- Trauma support

Counselling

Amica Staff Counselling provides short-term face to face counselling (six to eight sessions dependant on contract agreements) on a self-referral basis. The face to face counselling is provided in line with current NICE guidelines and a wide range of therapeutic modalities are offered.

Our Services

Amica provides bespoke services to organisations tailored to individual needs:

- **Supervision support** offered by Amica is a proactive response to supporting staff working in caring professions that are recognised and described as stressful.
- **Emotional Resilience Training.** The workshops intend to provide a safe, therapeutic learning environment to assist in the development of emotional resilience and overall enhancement of well-being.
- **Professional mediation services** (ACAS approved and The Law Society). Amica specialises in complex mediation and group mediation from executive level and across all employees within organisations. Mediation can help achieve positive emotional outcomes and prevent costly disciplinary processes.
- **Psycho-education training packages and team building**, as well as organisational consultancy for management faced with complex team dynamics, entrenched team culture and management of change.
- **Post Trauma Support** and **Psychological First Aid** are delivered to staff involved in a critical incident and this can prevent Vicarious Trauma. Second Victim and Burn Out. The Trauma response team work in line with current NICE guidelines.

Our aim is to assist and impact individually, in teams and organisationally. People are our business and we work outside of the counselling rooms with the wider organisation. Our support promotes wellbeing and supports employees with returning to the workplace and preventing sickness leave.

You can find further information about what we do, how we can help you and how to contact us on our website **www.amica-counselling.uk**

Self-help resources

The following pages contain lists of resources we have identified as being useful and interesting to people who want to explore their concerns, perhaps before coming to see a counsellor.

This list of resources is set out simply by the area of interest, who provides the resource, if there is the cost to use it, and where to find them. Please note, although we review this list on a regular basis, some of these resources may have become unavailable at the location we specified.

These self-help resources are presented as guides only and are not formal recommendations.

Self-help Resources

Abuse

Title	Abuse
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Abuse

Title	First Step
Created by	Help for Adult Victims Of Child Abuse
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	www.havoca.org/first-step

Abuse

Title	The Survivor's Handbook
Created by	Women's Aid
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	www.womensaid.org.uk/the-survivors-handbook

Addictions

Title	Alcohol and you
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Addictions

Title	Gambling
Created by	GamCare
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.gamcare.org.uk/get-advice/what-can-you-do

Addictions

Title	Gambling
Created by	Royal College of Psychiatrists
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.rcpsych.ac.uk/healthadvice/problemsanddisorders/problemgambling.aspx

Self-help Resources

Addictions

Title	Recreational drugs and alcohol
Created by	MIND
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	www.mind.org.uk/information-support/types-of-mental-health-problems/drugs-recreational-drugs-alcohol/about-recreational-drugs/?o=7327

Anxiety

Title	Anxiety control training audio guide
Created by	NHS Mood Zone
Type of resource	Self-help Information (audio)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/moodzone-mental-wellbeing-audio-guides.aspx#act

Anxiety

Title	Beating the Blues
Created by	Health and Wellbeing Ltd
Type of resource	Online intervention
Do I have to pay?	Yes, but your GP or organisations you may be linked with could pay for you
Web address	www.beatingtheblues.co.uk/

Anxiety

Title	Coping with Social Anxiety
Created by	Centre for Clinical Interventions
Type of resource	Self directed workbook
Do I have to pay?	No
Web address	www.cci.health.wa.gov.au/resources/consumers.cfm

Anxiety

Title	Health Anxiety
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Anxiety

Title	How to fight fears and anxiety
Created by	NHS Mood Zone
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/overcoming-fears.aspx

Self-help Resources

Anxiety

Title	Mastering Your Worries
Created by	Centre for Clinical Interventions
Type of resource	Self directed workbook
Do I have to pay?	No
Web address	www.cci.health.wa.gov.au/resources/consumers.cfm

Anxiety

Title	MoodGym
Created by	eHubHealth
Type of resource	Online intervention
Do I have to pay?	Yes
Web address	moodgym.com.au

Anxiety

Title	Wellbeing and positive thinking
Created by	Mental Health Foundation
Type of resource	Guide (audio)
Do I have to pay?	No
Web address	www.mentalhealth.org.uk/podcasts-and-videos/wellbeing-and-positive-thinking

Assertiveness

Title	Assert Yourself!
Created by	Centre for Clinical Interventions
Type of resource	Self directed workbook
Do I have to pay?	No
Web address	www.cci.health.wa.gov.au/resources/consumers.cfm

Assertiveness

Title	Low confidence and assertiveness audio guide
Created by	NHS Mood Zone
Type of resource	Self-help Information (audio)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/moodzone-mental-wellbeing-audio-guides.aspx#confidence

Assertiveness

Title	MoodJuice
Created by	NHS Forth Valley
Type of resource	Self directed Cognitive Behavioral Therapy (text)
Do I have to pay?	No
Web address	www.moodjuice.scot.nhs.uk/assertiveness.asp

Self-help Resources

Bereavement and Loss

Title	Bereavement
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Bereavement and Loss

Title	Bereavement
Created by	Royal College of Psychiatrists
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.rcpsych.ac.uk/healthadvice/problemsanddisorders/bereavement.aspx

Bereavement and Loss

Title	MoodJuice
Created by	NHS Forth Valley
Type of resource	Self directed Cognitive Behavioral Therapy (text)
Do I have to pay?	No
Web address	www.moodjuice.scot.nhs.uk/bereavement.asp

Depression

Title	Beating the Blues
Created by	Health and Wellbeing Ltd
Type of resource	Online intervention
Do I have to pay?	Yes, but your GP or organisations you may be linked with could pay for you
Web address	www.beatingtheblues.co.uk/

Depression

Title	Depression and Low Mood
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Depression

Title	Living Life to the Full
Created by	Living Life to the Full
Type of resource	Self directed Cognitive Behavioral Therapy (online)
Do I have to pay?	No
Web address	www.lltff.com

Self-help Resources

Depression

Title	Low mood and depression audio guide
Created by	NHS Mood Zone
Type of resource	Self-help Information (audio)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/moodzone-mental-wellbeing-audio-guides.aspx#lowmood

Depression

Title	MoodGym
Created by	eHubHealth
Type of resource	Online intervention
Do I have to pay?	Yes
Web address	moodgym.com.au

Depression

Title	MoodJuice
Created by	NHS Forth Valley
Type of resource	Self directed Cognitive Behavioral Therapy (text)
Do I have to pay?	No
Web address	www.moodjuice.scot.nhs.uk/Depression.asp

Domestic Violence

Title	Domestic Violence
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Dysphoria

Title	How to feel happier
Created by	NHS Mood Zone
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/feel-better-and-happy.aspx

Eating Problems

Title	Anorexia and Bulimia
Created by	Royal College of Psychiatrists
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.rcpsych.ac.uk/healthadvice/problemsanddisorders/anorexiaandbulimia.aspx

Self-help Resources

Eating Problems

Title	Eating Disorders
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Eating Problems

Title	Eating Problems
Created by	MIND
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/?o=6260

Eating Problems

Title	Overcoming Disordered Eating
Created by	Centre for Clinical Interventions
Type of resource	Self directed workbook
Do I have to pay?	No
Web address	www.cci.health.wa.gov.au/resources/consumers.cfm

Mental health and wellbeing

Title	Big White Wall
Created by	Big White Wall
Type of resource	Online anonymous emotional support
Do I have to pay?	Yes, but your GP or organisations you may be linked with could pay for you
Web address	www.bigwhitewall.com

Mental health and wellbeing

Title	Coping with loneliness
Created by	MIND
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/?o=10135

Mental health and wellbeing

Title	Food for Thought
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Self-help Resources

Mental health and wellbeing

Title	How to improve your mental wellbeing
Created by	MIND
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/loneliness/?o=15405

Mental health and wellbeing

Title	Unhelpful thinking audio guide
Created by	NHS Mood Zone
Type of resource	Self-help Information (audio)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/moodzone-mental-wellbeing-audio-guides.aspx#unhelpful

Money Problems

Title	Debt
Created by	PayPlan
Type of resource	Debt solutions and advice
Do I have to pay?	No
Web address	www.payplan.com/advice/

Money Problems

Title	Money and mental health
Created by	MIND
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/money-and-mental-health/?o=6851

Obsessive Behaviours

Title	Hoarding
Created by	Royal College of Psychiatrists
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.rcpsych.ac.uk/healthadvice/problemsanddisorders/hoarding.aspx

Obsessive Behaviours

Title	MoodJuice
Created by	NHS Forth Valley
Type of resource	Self directed Cognitive Behavioral Therapy (text)
Do I have to pay?	No
Web address	www.moodjuice.scot.nhs.uk/obsessioncompulsion.asp

Self-help Resources

Obsessive Behaviours

Title	Obsessions and Compulsions
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Obsessive Behaviours

Title	Obsessive-Compulsive Disorder
Created by	Royal College of Psychiatrists
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.rcpsych.ac.uk/healthadvice/problemsdisorders/obsessivecompulsivedisorder.aspx

Panic

Title	Dealing with panic attacks
Created by	NHS Mood Zone
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/coping-with-panic-attacks.aspx

Panic

Title	MoodJuice
Created by	NHS Forth Valley
Type of resource	Self directed Cognitive Behavioral Therapy (text)
Do I have to pay?	No
Web address	www.moodjuice.scot.nhs.uk/panic.asp

Panic

Title	Panic
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Post Traumatic Stress

Title	MoodJuice
Created by	NHS Forth Valley
Type of resource	Self directed Cognitive Behavioral Therapy (text)
Do I have to pay?	No
Web address	www.moodjuice.scot.nhs.uk/posttrauma.asp

Self-help Resources

Post Traumatic Stress

Title	Post Traumatic Stress
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Postnatal Depression

Title	Postnatal Depression
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Psychosis

Title	Hearing Voices and Disturbing Beliefs
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Relationships and Managing Conflict

Title	Controlling Anger
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Relationships and Managing Conflict

Title	How to be mentally healthy at work
Created by	MIND
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.mind.org.uk/information-support/tips-for-everyday-living/workplace-mental-health/workplace-relations/

Relationships and Managing Conflict

Title	How to control your anger
Created by	NHS Mood Zone
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/controlling-anger.aspx

Self-help Resources

Relationships and Managing Conflict

Title	MoodJuice
Created by	NHS Forth Valley
Type of resource	Self directed Cognitive Behavioral Therapy (text)
Do I have to pay?	No
Web address	www.moodjuice.scot.nhs.uk/anger.asp

Self Image

Title	Addressing Self Criticism
Created by	The Compassionate Mind Foundation
Type of resource	Self-help Information (audio)
Do I have to pay?	No
Web address	compassionatemind.co.uk/resources/audio

Self Image

Title	From Self-Criticism to Self-Kindness
Created by	Centre for Clinical Interventions
Type of resource	Self directed workbook
Do I have to pay?	No
Web address	www.cci.health.wa.gov.au/resources/consumers.cfm

Self Image

Title	Overcoming Body Dysmorphia
Created by	Centre for Clinical Interventions
Type of resource	Self directed workbook
Do I have to pay?	No
Web address	www.cci.health.wa.gov.au/resources/consumers.cfm

Self Image

Title	Overcoming Low Self-Esteem
Created by	Centre for Clinical Interventions
Type of resource	Self directed workbook
Do I have to pay?	No
Web address	www.cci.health.wa.gov.au/resources/consumers.cfm

Self Image

Title	Self Esteem
Created by	MIND
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/

Self-help Resources

Self Image

Title	Self Image
Created by	Wellbeing Service Group Glasgow
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	wellbeing-glasgow.org.uk/wp-content/uploads/2015/06/Self-Esteem-03-15.pdf

Self-harm

Title	Self-harm
Created by	MIND
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/

Self-harm

Title	Self-harm
Created by	NHS Choices
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.nhs.uk/conditions/Self-injury/Pages/Introduction.aspx

Self-harm

Title	Self-harm
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Self-harm

Title	Self-harm
Created by	Royal College of Psychiatrists
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.rcpsych.ac.uk/healthadvice/problemsanddisorders/self-harm.aspx

Sleep Problems

Title	MoodJuice
Created by	NHS Forth Valley
Type of resource	Self directed Cognitive Behavioral Therapy (text)
Do I have to pay?	No
Web address	www.moodjuice.scot.nhs.uk/sleepproblems.asp

Self-help Resources

Sleep Problems

Title	Overcoming sleep problems audio guide
Created by	NHS Mood Zone
Type of resource	Self-help Information (audio)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/moodzone-mental-wellbeing-audio-guides.aspx#sleep

Sleep Problems

Title	Sleeping Problems
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Sleep Problems

Title	Wellbeing and sleep: full works
Created by	Mental Health Foundation
Type of resource	Online intervention (audio)
Do I have to pay?	No
Web address	www.mentalhealth.org.uk/podcasts-and-videos/wellbeing-and-sleep-full-works

Social Anxiety

Title	MoodJuice
Created by	NHS Forth Valley
Type of resource	Self directed Cognitive Behavioral Therapy (text)
Do I have to pay?	No
Web address	www.moodjuice.scot.nhs.uk/shynesssocialphobia.asp

Social Anxiety

Title	Social Anxiety
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Stress

Title	10 stress busters
Created by	NHS Mood Zone
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/reduce-stress.aspx

Self-help Resources

Stress

Title	A simple breathing technique for stress
Created by	NHS Mood Zone
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/ways-relieve-stress.aspx

Stress

Title	Coping with Stress
Created by	British Heart Foundation
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	www.bhf.org.uk/publications/stress/coping-with-stress

Stress

Title	Living Life to the Full
Created by	Living Life to the Full
Type of resource	Self directed Cognitive Behavioral Therapy (online)
Do I have to pay?	No
Web address	www.lltff.com

Stress

Title	Mindfulness: is it for you?
Created by	NHS Mood Zone
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx

Stress

Title	MoodJuice
Created by	NHS Forth Valley
Type of resource	Self directed Cognitive Behavioral Therapy (text)
Do I have to pay?	No
Web address	www.moodjuice.scot.nhs.uk/stress.asp

Stress

Title	NHS Stress Buster Apps
Created by	NHS
Type of resource	Mobile phone apps
Do I have to pay?	Some are free, some are paid for, some have additional features that require payment to unlock
Web address	apps.beta.nhs.uk/?category=Mental%20Health

Self-help Resources

Stress

Title	One You: Stress
Created by	Public Health England
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.nhs.uk/oneyou/stress

Stress

Title	Stress
Created by	Northumberland, Tyne and Wear NHS Foundation Trust
Type of resource	Self-help Information (text)
Do I have to pay?	No
Web address	web.ntw.nhs.uk/selfhelp/

Stress

Title	Stress Management: Manage Stress. Be Happy and Effective at Work
Created by	MindTools
Type of resource	Self-help Information (text)
Do I have to pay?	No, but some parts do require payment
Web address	www.mindtools.com/pages/main/newMN_TCS.htm

Stress

Title	Thai Chi
Created by	Leicester Market
Type of resource	Stress management classes
Do I have to pay?	No
Web address	www.leicestermarket.co.uk/enjoy-tai-chi-at-leicester-market/

Stress

Title	Wellbeing and relaxation meditation
Created by	Mental Health Foundation
Type of resource	Online intervention (audio)
Do I have to pay?	No
Web address	www.mentalhealth.org.uk/podcasts-and-videos/wellbeing-and-relaxation

Stress

Title	Yoga Classes
Created by	Various
Type of resource	Stress management classes
Do I have to pay?	Yes
Web address	www.localyogaclassess.co.uk/search/Leicestershire-Leicester

Self-help Resources

Suicidal Thoughts

Title	Getting help if you're feeling suicidal
Created by	NHS Choices
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.nhs.uk/Conditions/Suicide/Pages/Getting-help.aspx

Suicidal Thoughts

Title	Suicidal feelings
Created by	MIND
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings/

Suicidal Thoughts

Title	Suicide
Created by	NHS Choices
Type of resource	Guide (text)
Do I have to pay?	No
Web address	www.nhs.uk/conditions/suicide/getting-help/

