Current University support for staff

Web guidance and advice
- HR website (Homeworking and Wellbeing)
- OH website
- University Coronavirus pages

CareFirst 24/7 365 telephone counselling and other support.

Togetherall
Access to peer-to-peer support and expert advice through an on-line community.

Dept of Experimental Psychology Anxieties and Trauma group
- Our mental health
- COVID resources

Work+Family Space
Online and telephone support services on a range of family issues

Current provision of staff support

TalkingSpace PLUS
Oxford-based NHS mental health self-referral services.

Active Anywhere
Virtual fitness classes from University Sports

Education Support Partnership
24/7 telephone support and counselling service

HR services
- EDU Staff Disability Advisor
- Occupational Health
- HRBPs and others
- New Managers Toolkit

Other initiatives
- Developing awareness of **impacts from variable mental health**
- Acknowledging the role of **workload**
- Countering **job insecurity**
- Supporting **Chronic health conditions** (including long-COVID)