

Wellbeing and Inclusion Resources for colleagues participating in South West Leadership Academy programmes

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Equality, Diversity and Inclusion Statement of Commitment

We are committed to creating a learning and working environment which is inclusive of all our participants. The South West Leadership Academy strives to empower underrepresented communities.

We aim to eliminate any disadvantage based on age, disability, marriage, civil partnership, race, culture, religion or belief, lack of religion or belief, sex, gender identity, sexual orientation, pregnancy, maternity or any other minority characteristics.

If we can make any adjustments to enable you to access and participate in our events, or if you require your course materials in an alternative format, please get in touch with our [Inclusion Coordinator Mr Erk Gunce](#) ([pronouns: he/him/his](#)). We also welcome any general comments on the inclusivity of our events. We will work with you to address your concerns in a respectful, dignified manner.

Health and wellbeing resources

- NHS Confidential Staff Support Line: Call 08000696222 (7:00am to 11:00pm, 7 days a week) or text FRONTLINE to 85258 for 24/7 support via text.
- NHS Bereavement support line, confidential and free to access from 8:00am – 8:00pm, seven days a week. Call 0300 303 4434.
- Speak to your organization's HR partner for access to your institutions' Employee Assistance Programme.
- [Financial wellbeing support](https://people.nhs.uk/guides/financial-wellbeing/steps/financial-wellbeing-resources/) (https://people.nhs.uk/guides/financial-wellbeing/steps/financial-wellbeing-resources/)
- [Support for employers and employees to speak up](https://speakup.direct/) (https://speakup.direct/)
- [Wellbeing Apps](https://people.nhs.uk/help/support-apps) (https://people.nhs.uk/help/support-apps). Available until at least March 2021.

Health and wellbeing resources

- Speak to your line manager or HR partner for an Occupational Health referral for workplace reasonable adjustments.
- [NHSEI Staff Diversity Networks](#) (If you're outside of NHSEI, please ask your HR Partner or local Diversity Practitioner about staff networks in your institution).
- Samaritans: Whatever you're going through, you can call Samaritans any time, from any phone for free. Dial 116 123.
- SHOUT: 24/7, confidential, anonymous and free. Text 'SHOUT' to 85258.
- Dial 111 (urgent medical help) or 999 (life-threatening emergencies).
- [Further resources](https://people.nhs.uk/help/) (https://people.nhs.uk/help/)