

Pastoral Support for Staff at The University of Manchester

Occupational Health

Occupational Health is available for staff as well as students and referrals can be made if there is a health concern (physical or psychological) or a disability that affects work. Clients are seen on an appointment only basis and referrals to the Doctors and Nurses can be requested by the line manager or Human Resources, or by the employee directly.

Occupational Health Services are located at 182-184 Waterloo Place, Oxford Road and B22 The Mill, Sackville Street.

<http://www.occhealth.manchester.ac.uk/>

Counselling Service

The University also employs a team of professional counsellors and psychotherapists offering confidential help with any personal issues affecting work, self-esteem, sexuality, relationships, mental health or general well-being. The service is available to all University of Manchester members of staff.

The service mainly offers brief, focused counselling that encourage people to make the most of each session, as well as a wide range of workshops including managing anxiety; exam stress; procrastination; assertiveness; confidence and self-esteem; low mood; and speaking out in groups.

The Counselling Service is part of a wider network of help and support and can advise on where else to seek help within the University and make referrals to NHS mental health services.

To book an appointment: <http://pssweb.manchester.ac.uk/includes/html/counselling/>

Disability Advisory Support Service (DASS)

As well as students with a disability, the DASS supports disabled members of staff and staff working with disabled students and or staff.

The type of support that can be offered, all of which would be agreed with the individual before proceeding, includes:

- Liaising with the employee and their line manager to discuss any adjustments required in the workplace, and any barriers that are preventing them from fulfilling their role;

- Facilitating access to, and funding for, assistive equipment, travel to and within work, support workers and adaptations to premises and equipment;
- Assisting with the administration required for Access to Work Assist when making car parking arrangements;
- Advising on some disability related benefits and support available at home;
- Providing regular reviews of an employee's support and adjustments as required;
- Referring to other University support services.

To book an appointment and contact the DASS:

<http://www.staffnet.manchester.ac.uk/personalsupport/disabled-staff/contact-us/>

Wellbeing

The University values its employee's wellbeing and is developing its Wellbeing Framework, which involves a number of wellbeing events being held throughout the year.

Wellbeing sessions are held in the New Wellbeing Rooms in the Simon Building, Brunswick Street and the Autumn Timetable can be found here:

<http://www.sport.manchester.ac.uk/fitness/activeman/>

Self-help Resources

There are a number of self-help resources available on the Intranet and links to other useful sites, including 'Relaxation audio downloads':

<http://www.staffnet.manchester.ac.uk/personalsupport/counselling/self-help/>

Links to all these services and other support available for employees at the University can be found on the Staff support page of StaffNet:

<http://www.staffnet.manchester.ac.uk/personalsupport/>