

PATIENT INFORMATION

Special Care Baby Unit (SCUB) staff support

A guide of support options available to the team



Working on the SCBU

Working on the special care baby unit can have unique challenges. It is normal to struggle at times and need some extra care and support. We know that 40% of staff in paediatric settings experience one or more episodes of burnout.

Scott et al (2020) found that 55% of neonatal staff report burnout and Beck et al (2017) found that 49% of nurses on NNU reported moderate to high levels of secondary trauma. Therefore, taking care of yourself is a big part of your role!

What Support is available?

There is a wide range of support available from self-help strategies to more one to one support.

To help you understand the support you may need and what is available, we have created a traffic light system.

Levels of support

- I am interested in self-help and low-level support
- I'm struggling and would like 1-2-1 support
- I need urgent help

We have collated a list of some of the resources and support available in line with the level you need.

I am interested in self-help and low-level support

The Employee Assistance Programme (EAP)

Offers support and advice around many issues including mental health support.

Tel: 0800 023 9324

Every Mind Matters

NHS free online quiz and 'Mind plan' with wellbeing tips and resources.

Website: <https://www.nhs.uk/every-mind-matters/>

I'm struggling and would like 1-2-1 support

Counsellors Southwest

Website: <https://www.counsellorssouthwest.org>

Talkworks

Website: <http://www.talkworks.dpt.nhs.uk>

Torbay Clinical Health Psychology and the Wellbeing Team

What support is on offer?

- Reflective practice to support practice and wellbeing
- Team wellbeing debriefs following challenging or critical incidents, along with the Wellbeing team, as per the Restore pathway.

Support after critical incidents

Restore: Psychological debriefing to teams for up to 28 days post incident from a member of the Clinical Health Psychology Team and wellbeing team.

The wellbeing team can be contacted on:

tsdft.wellbeing@nhs.net or 07825 027589

Reflective Practice supervision

Reflective group-every 6 weeks alternating Monday and Wednesday on the SCBU ward for all staff.

I need urgent help

If you feel overwhelmed and are concerned about the safety of yourself or others as a result. Please do speak to a professional and don't sit alone with difficult thoughts.

You can also call **111 (option 2)**

Samaritans - 24/7 support

Tel: 1116123

Email: jo@samaritans.org

Jasmine Lodge Mother and Baby Unit

(Medical Professional referral required)

Feedback

It would be great if you could offer some feedback to help us shape our offer to you.



[Complete our SCBU staff wellbeing and support survey](#)

For further assistance or to receive this information in a different format, please contact the paediatric health psychology team