Current University support for staff

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

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

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

**Education Support Partnership**
24/7 telephone support and counselling service

**CareFirst**
24/7 365 telephone counselling and other support.

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

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

**Active Anywhere**
Virtual fitness classes from University Sports

**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)