



Support Following Untoward Incidents at Work

The Psychological Debriefing Network

Sometimes events happen at work that prove to be particularly disruptive or distressing for individuals and teams. Also sometimes we experience situations where our usual social support and our own coping strategies may simply not feel enough. When these events happen it may be useful to contact the Employee Wellbeing Service for advice and support.

Where appropriate it may prove useful to have a facilitated psychological debriefing session with one of our network of trained debriefers.

A psychological debrief session is an entirely voluntary opportunity for all those who have been involved in the untoward event to try and make sense of, and find meaning in their experience. It allows those involved to talk together about what happened, listen, and share how it affected them. It can also be helpful in allowing people to recognise and normalise their feelings, as well as better understand the psychological responses to unusual experiences. These sessions can also be useful in helping to screen for those people who may be struggling to adjust, or who may be at higher risk of going on to develop problems later on.

Please call the Employee Well-Being Service on **01633 234888** to discuss this option or alternatively email us on [**ABB.EmployeeWellbeing@wales.nhs.uk**](mailto:ABB.EmployeeWellbeing@wales.nhs.uk)