

Cavell's Wellbeing Conversation service

Cavell's Wellbeing Conversations offer an impartial and safe space for nursing and midwifery professionals to access non-judgmental, emotional wellbeing support. Through a blend of reflective listening, coaching-style questions, wellbeing guidance and signposting they will be supported to navigate times of stress, uncertainty or overwhelm.

Individuals will be supported by experienced nurses who specialise in Wellbeing support.

Sessions will be 1-hour long and conducted via Microsoft Teams or telephone. Individuals can have up to 6 sessions.

These conversations-

- Provide compassionate and confidential emotional support
- Are an honest space for individuals to reflect on their current challenges
- Help individuals develop tools and strategies to reduce stress and develop healthy coping mechanisms
- Support individuals to address personal and work factors which are contributing to their stress, overwhelm and uncertainty.
- Signpost to national and local organisations for specific support and advice

The Wellbeing Conversations service is suitable for-

Nurses, Midwives, Maternity Support Workers and Nursing Associates who-

- Are stressed and would like compassionate, confidential emotional support
- Are willing to explore, and reflect on, current challenges in their personal life and/or work life. This may include remaining in, or returning to, work following illness, stress or life events.
- Would like to find ways to manage stress and improve their wellbeing
- Can commit to 1-hour sessions via Microsoft Teams or telephone (up to 6 sessions)

Nurses with disabilities and neurodivergence are welcomed. Please contact us if you need reasonable adjustments to access the service.

The Wellbeing Conversations Service is not suitable for-

- Those currently undergoing assessment, or receiving treatment with, specialist Mental Health services
- Those who have experienced suicidal thoughts with intent in the past 4 months and have not received mental health support or treatment
- Those wanting to process trauma or grief (i.e. where therapy or counselling would be more appropriate)

