

## Wellbeing

Wellbeing is vital to all of us. Whether it is our own health, physical, mental and spiritual, or those who are in our care. Here are a variety of links and resources to assist you in finding the right resource. If you need other help please contact Liz Geddes: [liz.geddes@chester.anglican.org](mailto:liz.geddes@chester.anglican.org).

### Diocesan Counselling Service

The Diocesan Counselling Service is available to support clergy, their families and employees of the Diocese of Chester. For further information, see

<https://www.chester.anglican.org/outreach/counselling/> or contact Peter Mackriell - [counselling@chester.anglican.org](mailto:counselling@chester.anglican.org).

### Supporting Good Mental Health

The Supporting Good Mental Health booklet from the Church of England contains some daily reflections to provide hope, reassurance and comfort.

It includes 'Have a go habits' to help you develop resilience and skills in dealing with isolation, struggles and busyness. It challenges you to be honest with yourself about how you are feeling day by day, and provides scripture and prayers to use in different situations.

<https://www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health>

### Health Assured Employee Assistance Programme

The Diocese of Chester has partnered with Health Assured to provide an Employee Assistance Programme (despite the fact that clergy are not technically employees) for all clergy - stipendiary and SSMs - and Church House staff.

The programme provides a free 24-hour confidential helpline, as well as proactive advice on matters such as families issues; legal information; medical information; financial information; stress and anxiety; bereavement; and addiction issues.

<https://www.chester.anglican.org/support-services/employee-assistance-programme/>

For more information and to obtain a login username and password, please contact liz geddes – [liz.geddes@chester.anglican.org](mailto:liz.geddes@chester.anglican.org) or Maxine Southwick - [maxine.southwick@chester.anglican.org](mailto:maxine.southwick@chester.anglican.org)

### St Luke's Virtual Wellbeing Programme

St Luke's has some specifically-prepared resources to support clergy wellbeing during a time of Covid through reflection either individually or as a group.

The St Luke's Virtual Wellbeing Programme is updated every Monday and all the resources will be available for you to use as and when you need them.

<https://www.stlukesforclergy.org.uk/st-lukes-virtual-wellbeing-programme/>

St Luke's is also offering support to clergy and their families. Contact them at [enquiries@stlukesforclergy.org.uk](mailto:enquiries@stlukesforclergy.org.uk) or on 020 7898 1700

## **Confidential conversations in the Diocese of Chester**

Within the Diocese of Chester a number of people can be contacted confidentially if you require a conversation:

David Herbert, Continuing Ministerial Development Adviser

E: [david.herbert@chester.anglican.org](mailto:david.herbert@chester.anglican.org)

T: 07889 217589

Christine Broad, Dean of Women in Ministry

E: [christine.broad@holycrosswoodchurch.uk](mailto:christine.broad@holycrosswoodchurch.uk)

T: 0151 678 4825

Peter Mackriell, Head of the Diocesan Counselling Services

E: [counselling@chester.anglican.org](mailto:counselling@chester.anglican.org)

T: 07918 732806

## **Prayer**

If you would simply appreciate the opportunity to pray with someone, please contact Jonathon Green at Foxhill, on 01928 733777, 07513 170210 or [jonathon.green@chester.anglican.org](mailto:jonathon.green@chester.anglican.org)

## **Thrive Worldwide**

The Diocese works with Thrive Worldwide who provide support with employees and clergy who may need additional support. There is access to support from a Occupational Consultant and a Consultant Psychologist.

If you feel you would benefit from their services, please contact Liz Geddes – [liz.geddes@chester.anglican.org](mailto:liz.geddes@chester.anglican.org)

## **Government guidance for the public on the mental health and wellbeing aspects of Coronavirus**

The Gov.uk website contains helpful guidance regarding mental health and wellbeing during the Coronavirus situation. It can be accessed via the link below:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>