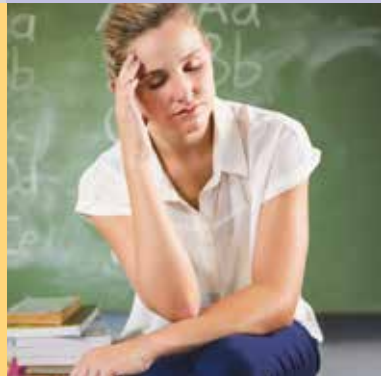


YOU'VE BEEN LOOKING  
AFTER OUR CITY,  
SO WE WANT TO  
LOOK AFTER YOU!



# You've been looking after our City, so we want to look after you!

Due to the nature of your work, it's often harder for us to reach you compared to your office based colleagues so we've put together this flyer to signpost you to all the relevant information and support services that are available should you need them.

There's lots of information relating to the coronavirus outbreak on our People Anytime site including details about how to get tested, tips on how to look after yourself, information about annual leave, pay and lots more. Just type the following URL into your browser from any device:

<https://peopleanytime.aberdeencity.gov.uk>

## Time for Talking (Employee Assistance Service)

Our employee assistance service, Time for Talking, offers you a FREE confidential helpline for advice, psychological guidance and emotional support. They can offer you individual counselling, over the phone should you need it. This service is open to you or any member of your household over the age of 16. Just give them a call on **0800 970 3980** or go to <https://www.timefortalking.co.uk/> to contact them online.



## Our internal network of Mental Health First Aiders (MHFA's) are also available to offer support.

Their purpose is to be a point of contact if you are experiencing emotional distress or suffering in silence with mental health problems, such as stress, anxiety or depression. MHFA's are trained to listen and can help you to find the right support. They are spread across the organisation and you can contact anyone from the extensive list on the back of this flyer. Alternatively, you can contact **Fiona Lindsay**, Mental Health and Wellbeing Adviser on **01224 522165** to find appropriate support.

## Self Development

We've created a suite of training opportunities to help raise awareness of mental health across the organisation. There's a variety of sessions available which will help you to develop the necessary skills and knowledge to support yourselves and your colleagues. We recommend that all employees undertake our series of online mental health webinars which are delivered in partnership with SAMH (Scottish Association for Mental Health) and which will give you a wide and clear understanding of this important subject. You can find these sessions and much more by typing the following URL into your browser:

<https://tinyurl.com/y24qqjl6>

## Financial Support

If you're experiencing financial difficulties, check our pages for support and advice <https://tinyurl.com/y393bzhr>

Check out the **Don't Stay on Mute Campaign** on YouTube and Talk to Your Trade Union Rep for further support



## Domestic Abuse

For anyone experiencing domestic abuse, ACC has created guidance to support you which you can find on <https://tinyurl.com/y33jxcf4> and further advice as a citizen can be found here - <https://tinyurl.com/y5fujleg>

## Chaplaincy Counselling Service

Also available is the confidential Council Chaplaincy service, all cultural or belief, including no religious belief backgrounds can access this counselling service.

Please contact **Ron Flett** on **07508 654423** or [ron.flett@wpcscotland.co.uk](mailto:ron.flett@wpcscotland.co.uk)

# Mental Health First Aider - Contacts List

## AHSCP

Carol Bruce	01224 812936
Hilary Ewen	01224 264045
Norma Henderson	01224 523588
Melissa McPhee	07834 933036
Kerry Riley	01224 264046
Freda Smith	01224 812923
Amanda Watson	01224 812924

## COMMISSIONING

Suzanne Douglas	07824 434086
Anthony Edwards	07470 445687
Oluwatoyin Fatokun	01224 522479
Kathryn Hossack	07870 487949

## OPERATIONS

Gary Aiken	01224 489318
Susannah Balducci	01224 522492
Samantha Bull	01224 523734
James Byres	07825 827162
Neil Carsey	07709 460981
David Craig	07554 700266
Euan Davidson	07565 023835
Ronald Fernie	07770 888587
Julia Forbes Forbes	01224 489485
Katy Joy Goodall	01224 522427
Cherry Lawson	01224 482293
Elisabeth Kaup	01224 589251 (Harlaw)
	01224 241720 (Lochside)
	01224 492855 (St Machar)
Scott Menhinick	07769 641551
Billy Nicol	01224 522864
Jim Nicol	01224 387637
Norman Rose	07764 810689
Daniel Shand	07342 068749
Steven Shaw	01224 387630
Craig Sutherland	01224 522764
Charles Swift	01224 241635
Neil Watson	07721 582278
Andrea Whiteside	01224 764745
Simon Whitworth	07785 951052
Paul Williams	07519 057054
Simon Wishart	07789 654170

## CUSTOMER

Alison Allan	01224 489519
Ann Campbell	07901 512938
Hamish Cattanach	01224 523638
Debbie Cormack	01224 346890
Wendy Coutts	01224 647594
Jim Currie	01224 523278
Graham Donald	07917 305803
Mark Duncan	01224 523662
John Duthie	01224 219357
Brogan Elrick	01224 346214
Phil Evans	01224 387644
Stella Evans	01224 522072
Amanda Gale	01224 346122
Alice Findlay	01224 523445
Lynette Grant	01224 523133
Fiona Hailstones	01224 523529
Anna Kruhlik	01224 489539
Naomi Laing	01224 346271
Allan MacCreadie	01224 346070
Madelene MacSween	01224 522482
Baldeep McGarry	01224 523014
David Oswald	01224 652515
Elizabeth-Anne Ponting	01224 387621
Bex Reid	01224 523296
Bernadette Prescott	01224 523820
Laura Rogers	01224 346473
Lorraine Stewart	07917 424732
Valerie Taylor	01224 522974

## GOVERNANCE

Gordon McDade	01224 346453
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## RESOURCES

Aileen Duncan	01224 346370
Sean Ewing	01224 346272
Paul Hewitt	01224 346359
Fiona Lindsay	01224 522165
Callum Stewart	01224 264154
Hayleigh Weldon	01224 264188

Finally, “my thanks to each and every one of you for the invaluable contribution you have made to our local response to a global pandemic.” Angela Scott Chief Executive

Scan the QR Code to read the full article

**Thank you all!**

