



Staff Listening Service

You Care – We Listen

You Care

All of us who care for those affected by CoVid-19 are doing really important and difficult work.

Over the coming days and weeks you may find that there are times when you experience a number of emotions: sadness, anxiety, fear, hopelessness or helplessness. These are all normal responses to an extremely challenging and rapidly changing situation.

At times we may feel anger or guilt at decisions we need to make in our professional and personal lives.

There may be times when you feel you are coping well and times you feel that you are coping less well.

We Listen

The Staff Listening Service offers a “safe space” to reflect on your experience and consider how the current situation may be affecting you, both personally and professionally.

It offers a “brave space” where you can voice your fears and concerns, your worries and your hopes, without being criticised for these feelings.

The Service is confidential and staff can self refer by simply texting your name to: 07813340137

We will then contact you by phone within one working day to provide you with the support you need.

Department of Spiritual Care, Staff Listening Service

07813340137

**Fife Health
& Social Care
Partnership** 
Supporting the people of Fife together