



Occupational Health & Wellbeing Service Important Access Information

Sickness / Absence Management Referral


Sickness / Absence referral email for line managers to send completed occupational health referrals.

This may involve referral into appropriate Mental Health, MSK services via our IPRS partner network and / or referral into EAP Psychological support services.

 management.referral@eastamb.nhs.uk

24-hour 'In Crisis' telephone support


In Crisis telephone support for employees in distress, considering self-harm or suicidal thoughts.

 0808 196 2370

Body Fluid Exposure (BFE) Advice

Telephone advice in office hours for employees who need guidance following a body fluid exposure on duty.


Critical out of office hours BFE issues should be directed to a local Accident & Emergency facility.

 0808 196 2371 Office hours only

24 Hour Employee Assistance Program


'In the moment' advice and support from our EAP specialists for:

- Mental health & stress issues
- Workplace and / or personal relationship problems
- Legal and family advice
- Substance misuse concerns
- Financial advice

 0808 196 2374

Medication Advice Line

Telephone advice from a pharmacist in regards to the impact of over the counter and prescribed medicines on fitness for duty, driving and safety critical work.

 0808 196 2373 Office hours only

Trauma Risk Management (TRiM)


Referrals for further follow up are a natural part of the TRiM programme.

Referrals are reviewed and where clinically indicated employees will be offered further appropriate support.

 TRiM.referral@eastamb.nhs.uk

General Occupational Health Enquiries


General enquires to occupational health.

 0151 459 9711

 ohgeneral.enquiry@eastamb.nhs.uk

New Starter, Periodic Medicals, Vaccinations, Bookings Line

Office hours line to book new starter and periodic medicals and vaccinations / agree clinic times and locations.

 0151 459 9712

Wellbeing Hub & Wellbeing Referrals

An internal confidential support service for all employees designed to provide advice and guidance around any physical, psychological and / or social issues you may be experiencing.

 wellbeing.info@nhs.net