

Case Study: SLaM Rest and Recharge Hubs

'Rest & Recharge Hubs' have been established across all five in-patient main sites (Maudsley, Bethlem, River House, Lewisham, and Lambeth). The Hubs provide a space for staff to rest and build principles of good stress management into their lives – eating healthily, connecting with others etc.

During the acute phase, the Hubs provided access to free food, drink and additional non-food items which offer appreciation to staff for what they do.

There is an opportunity to talk to psychologically trained staff about concerns. A range of leaflets are also available for staff to support their own health and well-being, have conversations about death and dying/bereavement, and to provide access to Chaplaincy services.