

CTG WELLBEING IS A WELLNESS SUPPORT NETWORK FOR ALL CTG STAFF TO ASSIST WITH ANXIETY DURING PERIODS OF HIGH STRESS



BENEFITS OF SUPPORT

- Dealing with stress and understanding its impact.
- Talking about stressors with a professional.
- Building a plan to develop wellbeing and resilience.



WHAT YOU GET

- Remote counselling from independent professionals with a background in the humanitarian and development sector.
- Up to 6 one-hour sessions each year.
- An additional six one-hour sessions following critical incidents.



HOW TO BOOK

- If you currently work with CTG, please book your free session with a counsellor.
- Book a counselling session via this secure Google Form, [here](#).
- To request urgent Psychological First Aid after a critical incident use this secure Google Form, [here](#).
- You can also email: ctgwellbeing@openbriefing.org



WHAT TO EXPECT

- Confidentiality – no details will be shared with CTG unless there are life-threatening circumstances.
- Wellbeing support provided remotely, including access to local therapists
- An appointment within 72 hours.
- Support available in English, Spanish, Portuguese, French and Arabic.



This support is free to all staff as extra support.
Email helpdesk@ctg.org if you have any questions.

www.ctg.org

