

CTG WELLBEING

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



TO SETUP A SESSION

Email ctgwellbeing@openbriefing.org



WHAT YOU GET

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



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 and French. Arabic coming soon and in-country referrals where appropriate



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

www.ctg.org

