

### Where GTEP is not appropriate:

Due to Covid 19, do NOT participate if you are feeling physically unwell or symptomatic: In this instance, contact the dedicated Occupational Health COVID line: 01792 703610 or ext. 33610.

Due to the nature of focusing on recent difficulties, GTEP is not appropriate for staff who identify with the following:

- If you have had suicide ideation in the past year or have been diagnosed with psychosis, major depression or bipolar disorder which is currently unstable.
- If you are using illicit drugs or alcohol regularly to cope.
- If you are COMPLETELY OVERWHELMED WHEN THINKING EVEN BRIEFLY ABOUT YOUR PRESENTING PROBLEM, you should not participate in these sessions.
- If you are at risk to yourself or others - IMMEDIATELY seek help via your GP.
- If you are at risk from others - IMMEDIATELY seek help from the Police.