

Supporting Our People

Helping you manage your own health and wellbeing while looking after others



Are you facing challenges in your work right now?

Whether you're on the front line directly caring for patients or in one of the thousands of essential NHS roles we rely on each and every day, this is a challenging time. We are all working very differently, and combined with the additional pressures of looking after loved ones and anxiety about the future, this is a huge psychological shift.

Now more than ever, you deserve a comprehensive package of emotional, psychological and practical support.

A range of guides, apps and events to support the wellbeing of you and your team is available at people.nhs.uk.



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Help Now



Staff support line

In the current climate of increasing pressures on our healthcare system, our NHS people potentially face significant stresses.

We have introduced a confidential staff support line, operated by the Samaritans and free to access from 7:00am – 11:00pm, seven days a week.

This support line is here for when you've had a tough day, are feeling worried or overwhelmed, or maybe you have a lot on your mind and need to talk it through. Trained advisers can help with signposting and confidential listening.

Call: 0800 069 6222

Alternatively, you can text **FRONTLINE** to 85258 for support 24/7 via text



Bereavement support line

We also have a confidential bereavement support line, operated by Hospice UK and free to access from 8:00am – 8:00pm, seven days a week.

A team of fully qualified and trained bereavement specialists are available to support you with bereavement and wellbeing issues relating to loss experienced through your work.

Call: 0300 303 4434

Bereavement and trauma support line for our Filipino colleagues

There is a team of fully qualified and trained professionals, all of whom are Tagalog speakers, ready to help you at our NHS Bereavement & Trauma Line for Filipino Staff. This assistance is available from anywhere in the country and is provided by Hospice UK.

All calls will be treated in the strictest of confidence and this will be explained to you when you call. This service is available seven days a week, between 8:00am and 8:00pm. You do not need a referral.

To book a consultation, call: 0300 303 1115

Online Support & Counselling



Virtual staff common rooms

In partnership with NHS Practitioner Health, we have been busy developing virtual staff common rooms for colleagues across the NHS and the ambulance sector.

The common rooms are safe and supportive spaces for colleagues to stay mentally well. By joining, you will have time to:

- Reflect
- Share frustrations and experiences
- Find ways to cope with how COVID-19 is affecting your life at home and at work

Hosted by an experienced and approved practitioner, the confidential session lasts one hour and will have a maximum of ten NHS participants.



Online Support & Counselling



Counselling support from ACC

A free service developed and funded by the Association of Christian Counsellors, who are offering up to 10 online or telephone counselling sessions to:

- People working within the NHS who are directly impacted by COVID-19
- People working in residential care homes who have been impacted by caring for those with COVID-19
- Anyone who has been bereaved during this time

The confidential service is open to people of all beliefs and none, and you can ask to be matched on ethnicity.



Online Support & Counselling



Wellbeing support service: [Project5.org](https://www.project5.org)

We've partnered with Project5.org to make free 1-2-1, confidential support sessions available for our NHS people.

Project5.org is an online booking system which gives NHS staff access to free one-to-one support online from a team of accredited clinical psychologists and mental health experts.

The Project5.org logo, featuring the text 'Project5.org' in blue, with the '5' being a larger, bolder font size, set against a white rectangular background.

Project5.org

Wellbeing Apps & Resources



#StayAlive

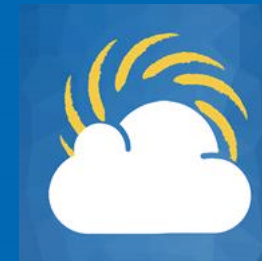
The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.



Brightsky

Bright Sky is a free to download mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.

The app is also available to use in Polish, Punjabi and Urdu.



Wellbeing Apps & Resources



Cityparents

Cityparents have offered their online programme of support and resources to NHS employees without charge until March of 2021. It includes a curated collection of positive and practical support for working parents, delivered through expert-led webinars/seminars, advice, peer insights, online articles, blogs and podcasts to help working parents and those with caring responsibilities develop skills, enhance family life, improve wellbeing and support work/life balance.



Daylight

Daylight is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.

Big Health is offering free access to Daylight for all NHS staff until 31 December, active now.



Wellbeing Apps & Resources



Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

They are offering free access to all NHS staff with an NHS email address until 31 December, active now.



Liberate

Liberate has partnered with the NHS to offer you a free subscription until December 2020 to the #1 meditation app for POC/BAME communities.

Liberate Meditation offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community. The app aims to help reduce anxiety, alleviate stress and promote rest.



Wellbeing Apps & Resources



Movement For Modern Life

Movement for Modern Life is a British online yoga platform that brings together world class yoga teachers, inspired movement and mindfulness into your home or a place of comfort. It encourages its members to look after their physical health, in order to promote good mental health and wellbeing. NHS staff are being offered free access to a range of resources, including breathwork sessions; stress reduction classes which can be done at a time convenient to you, in your home or in the workplace; a selection of energising morning classes and evening classes that aim to help you wind down or recharge.



SilverCloud Health

SilverCloud Health is a leading digital mental health company. Their range of programmes are used globally by over 300 healthcare providers, health plans and employers.

The company's multi-award-winning digital mental health platform is a result of over 17 years of clinical research with leading academic institutions. The platform is validated through randomised control trials and real-world data from over 350,000 SilverCloud users.

They are offering free wellbeing support for all NHS staff and their families.



SilverCloud
Digital Mental Health Platform

Wellbeing Apps & Resources



Sleepio

Sleepio is a clinically evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

Big Health is offering free access to Sleepio for all NHS staff until 31 December, active now.



Unmind

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.

They are offering free access to NHS staff until the end of December 2020, active now.



Wellbeing Apps & Resources



Financial health and wellbeing support

We recognise that this is a difficult time for our NHS people and we know that financial concerns have consistently been in the top five reasons our people call the free support helpline run by the Samaritans.

So, we've partnered with the Money and Pensions Service to bring you financial wellbeing support to help you manage your finances at home.

NHS people can:

- Join one of our online financial wellbeing events
- Visit the Money and Pensions Service for support, guidance and tools



Wellbeing Apps & Resources



Place2Be

Place2Be have offered an online programme of expert support and resources for keyworkers, including all NHS colleagues, to support the mental health and wellbeing of keyworker children.

The programme consists of three webinars and an Art Room resource pack for children and parents and carers to craft and create together. The webinars cover: recovery and self-care; understanding and managing anxiety in uncertain times; understanding loss and bereavement.

The Art Room pack includes stories, instructions and activities exploring the ways in which parents and children can stay connected even when they're spending more time apart.



Wellbeing Apps & Resources



Health and Wellbeing guides

We've worked with a team of experts to develop over 20 short guides to help support you with skills and new ways to improve your experience of work. Our guides cover topics such as personal resilience, support for line managers and how to run your own 10 minute Pause Space.

Register and sign in to:

- Save your progress when working through these short courses and easily find your place next time
- Contribute to conversations and share your experiences of the topics



Support for leaders



REACT MH[®] conversation training

Free, online training to equip NHS managers, supervisors and those with caring responsibilities for NHS people to confidently hold supportive and compassionate mental health and wellbeing conversations, during and beyond COVID-19.



Support for leaders



Leadership Circles

Leadership Support Community Events: 29th September – 12th November

As part of the health and wellbeing programme to support leaders and their teams across the NHS during Covid-19, a series of Leadership Support Community Events are available for NHS managers and supervisors.

These events are unique, online learning opportunities for those with responsibility for managing others. The themes covered include:

- Looking after yourself
- Speaking candidly and compassionately
- Creating safe spaces
- Encouraging everyone to talk

To see a full list of events and book your place visit:

<https://people.nhs.uk/events/category/leadership-support-circles/>

Support for leaders



Health and Wellbeing Conversations: Implementation advice for NHS executives

A guide for executive leaders has been published, offering advice on how to effectively implement Health and Wellbeing Conversations in your organisation. This includes considerations of how to begin implementation alongside the demands of recovering services, winter and COVID-19.

Health and Wellbeing Conversations are supportive, one-to-one discussions focused on building individual and team resilience. They involve the individual staff member and someone they trust such as a line manager, at work at a time and place that suits the participants.

The guide outlines:

- The case for including the conversations in your existing strategy and the underpinning evidence base
- General points to consider on implementation
- Pragmatic advice on how to get started in busy pressured autumn/winter
- Current and future resources

You can access the guidance here: <https://people.nhs.uk/guides/health-and-wellbeing-conversations/>

Support for staff in Social Care



The **Department of Health & Social Care** has developed additional, specific support available to those in social care, including unique access to:

- Support lines
- Mental health apps
- Bespoke online platform

We've listed some of the support available at <https://people.nhs.uk/help/care-health-and-wellbeing-support/>

