

#supportourNHSpeople



Ways to access support during COVID-19

HELP NOW

Text 'FRONTLINE' to 85258 to start a conversation

Listening Line - For all NHS staff – call 0300 131 7000 - 7am -11pm

Bereavement and loss support call 0300 3034434 - 7am-11pm

ONLINE

A range of materials to support you and your teams perform under this pressure.

www.people.nhs.uk

WEBINARS

<http://horizonsnhs.com/caring4nhspeople>

Access to the latest information and support

<https://www.practitionerhealth.nhs.uk>

APPS

Free access to psychological support – use your nhs.net email address to download.

[Unmind](#) | [Headspace](#) | [Sleepio](#) | [Daylight](#)

SELF GUIDED MENTAL HEALTH SUPPORT



SCAN ME

Silvercloud: <https://nhs.silvercloudhealth.com/signup>

use the code **NHS2020**

COMMON ROOMS



SCAN ME

Meet other professionals in a safe and guided space. Get support and share your experiences. <https://www.practitionerhealth.nhs.uk/upcoming-events>

