

# COVID-19 Health and Wellbeing staff response



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# 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](http://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



**Silvercloud:** <https://nhs.silvercloud-health.com/signup>  
use the code **NHS2020**

SCAN ME

## COMMON ROOMS



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

SCAN ME



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# Supporting our teams through COVID-19

## Support for you and your team to stay well together

- Advice and guidance, bite size training and direct coaching support for managers and teams
- Support to decompress well and process events at the end of the shift
- Advice and support for maximising team coping and healthy support for each other.

[www.people.nhs.uk](http://www.people.nhs.uk)

## Mental wellbeing modules



- Learn more about how you can support your own and others mental health
- **MODULE 1:** Space from COVID-19 related anxiety - helps you to manage your mental health during the pandemic
- **MODULE 2:** Space for resilience - helps achieve a sense of wellbeing and satisfaction in all areas of your life
- **MODULE 3:** Space from stress - helps enhance existing stress-busting strengths and skills and builds new ones
- **MODULE 4:** Space from sleep - teaches you the skills for overcoming your sleep difficulties, allowing you to achieve better quality sleep and to wake up feeling refreshed.

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



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# Supporting our teams through COVID-19

## Confidential support text conversation



- A team of trained advisers are available round the clock
- They are here to support you whatever the time of the day, to listen, understand and help you feel less overwhelmed
- The team has the full range of support offers to signpost you to and can support you to think about the next steps.

**Text: 'FRONTLINE' to 85258**

## Confidential helpline when you need to talk



- Trained advisers who are here to support you 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
- Our team of volunteers are here to listen, offer support, advice and guidance. We want to help share the load with you, without judgement and the next steps are up to you.

**Telephone: 0300 131 7000 (7am to 11pm)**



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# Supporting our teams through COVID-19

## Confidential bereavement support



- A team of fully qualified and trained bereavement specialists are available to support you with bereavement and wellbeing issues to loss experienced through your work
- You will be offered up to three sessions with the same counsellor and onward support to our staff mental health services if needed.

**Tel: 0300 303 4434 (8am-8pm)**

## Confidential group support in our common room



- Connect with other professionals in closed professional groups or 'open to all' sessions
- Hosted by experienced group leaders and overseen by experienced clinical leaders
- Small group format to provide opportunities to meet, share, slow down and reflect on your own purpose and wellbeing.

**Visit: <https://www.practitionerhealth.nhs.uk/upcoming-events#>**



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# Supporting our teams through COVID-19



Keep up to date with weekly webinars, share in the latest information and learning:

<https://people.nhs.uk/>

<http://horizonsnhs.com/caring4nhspeople/>