

## Mental health and wellbeing resources: Pre-registration pharmacists and pharmacy technician trainees

We recognise that many trainees feel their mental health and wellbeing has been affected by the impact of the COVID-19 emergency. We encourage you to seek support from your tutor, regional training provider and local HEE pharmacy teams. The following resources are also available to support pharmacists and pre-registration trainees during this challenging time. Your GP will also be able to offer support and refer you to other services.

### Centre for Pharmacy Postgraduate Education (CPPE)

The CPPE have several online guides that may be useful. [www.cppe.ac.uk/programme-listings/](http://www.cppe.ac.uk/programme-listings/)

Titles include:

- Being Resilient - guide
- De-stress you – guide
- Overcoming anxiety – guide
- Your pre-registration year – guide

### Pharmacist support

Pharmacist support can provide advice, a range of support materials or a referral to their listening friends service.

You can call an enquiry line on **0808 168 5133** or **0808 168 2233**.

Visit [pharmacistsupport.org](http://pharmacistsupport.org) to find out more.

### NHS Staff Mental Health Hotline

Access from **7.00 am – 11.00 pm, seven days a week**.

You can call **0300 131 7000** for support, signposting and confidential listening.

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

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

## Online/App resources

NHS staff have been given free access to a number of wellbeing apps from now until the end of December 2020 to support their mental health and wellbeing.

### 1. 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.

Access: Go to [nhs.unmind.com/signup](https://nhs.unmind.com/signup)

Sign up with your NHS email address. Download the Unmind app from your appstore - your organisation name is NHS. If you do not see your NHS email domain or have another support query, please visit the [FAQs and support](#) for more information.

### 2. 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.

Access: Go to [www.headspace.com/nhs](https://www.headspace.com/nhs) for NHS staff to access, with the option to select clinical or non-clinical staff to start enrolling. You will need to use your NHS email address to sign up. Access their [FAQs and support](#) for more information.

### 3. Sleepio and Daylight (developed by Big Health)

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

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.

Access Sleepio: Click on the following link on your laptop or desktop computer: [sleepio.com/access](https://sleepio.com/access) Sign up for an account using your name and email address. Click 'Personalise Sleepio'. Get started.

Access Daylight: Click on the following link: [trydaylight.com/access](https://trydaylight.com/access)

Answer a few short questions to tailor the programme to you. Sign up for an account using your name and email address. Download the Daylight smartphone app (search 'Daylight - Worry Less' on both iPhone and Android).

For technical support please contact: [hello@sleepio.com](mailto:hello@sleepio.com) or [hello@trydaylight.com](mailto:hello@trydaylight.com)