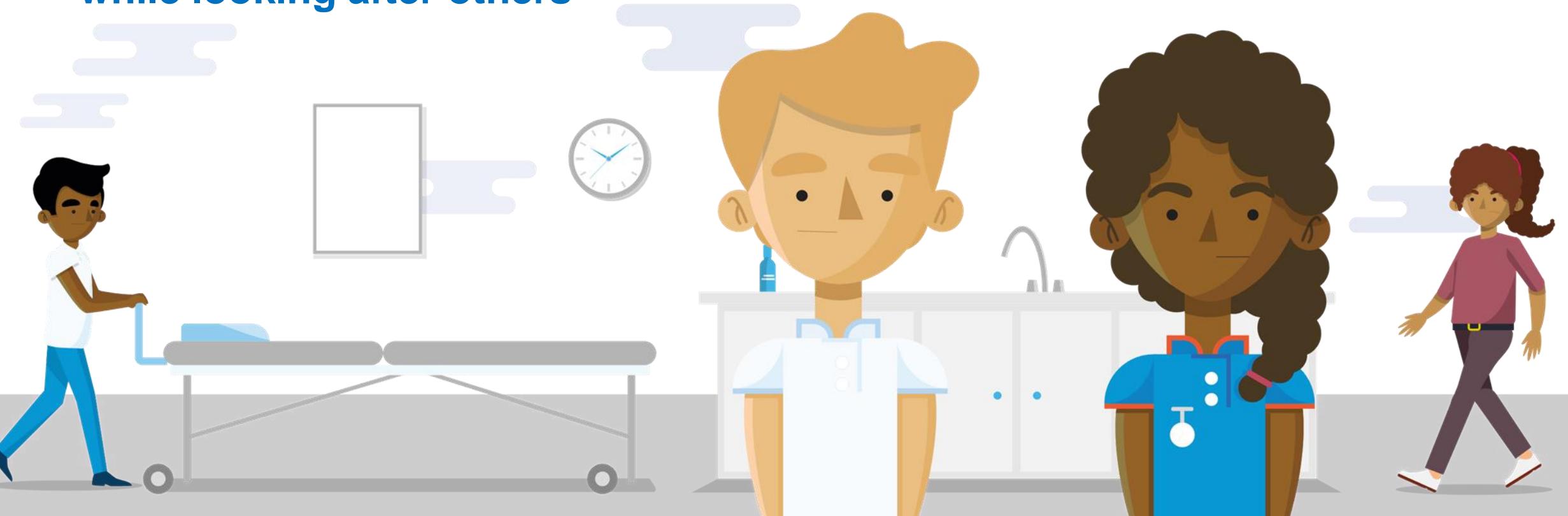


Supporting Our NHS People

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



Our offer to you

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:

www.england.nhs.uk/people



Help Now

Staff support line

We have 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. Whatever your worries, 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



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/>

Help Now

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

Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/>

Online support and counselling

Virtual staff common rooms

In partnership with NHS Practitioner Health, we have developed 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.

To book a session: <https://www.events.england.nhs.uk/events/common-rooms>

Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/support-offers/>



Online support and counselling

Counselling support

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 you can ask to be matched on ethnicity.



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/support-offers/>

Online support and counselling

Wellbeing support service: 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, where 'Project' is in a smaller grey font and '5.org' is in a large blue font.

Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/support-offers/>

Online support and counselling

Free confidential support and advice from Relate

Relate, the leading relationships charity, is offering all staff delivering NHS services in the Midlands and London a free 30 minute webchat or phone call with a Relationships and Wellbeing Advisor.

Recognising the extraordinary circumstances that people find themselves in as a result of COVID-19, Relate has launched “relatehub” – a safe and confidential place where any relationship issues or wellbeing concerns can be discussed and worked through.

relatehub can help with a range of issues for when you most need support including:

- relationship problems with partners, children, family, friends and colleagues
- health or job worries
- stress at work or other anxieties in or out of the workplace feelings of isolation, loneliness or not having the time to look after your own wellbeing.

Trained Relationships and Wellbeing Advisors will help people to put a plan in place to tackle their issue or signpost to further advice and support if needed.

To find out more, call: 0300 303 4477



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/support-offers/>

Wellbeing apps

The offer of free access to a range of mental health and wellbeing apps for our NHS staff has been extended until 31 March 2021. The apps can support you or your colleagues to manage stress and anxiety, build resilience, aid better sleep, and take a moment to be mindful.



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/>

Wellbeing apps

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.



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.



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/>

Wellbeing apps

Liberate

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.



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/>

Unmind

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. It includes digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.



Wellbeing apps

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.



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.



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/>

Wellbeing apps

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.



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/>

Wellbeing apps

Cityparents

Cityparents online programme includes positive and practical support for working parents, delivered through expert-led webinars/seminars, advice, peer insights, online articles, blogs and podcasts.

They aim to help working parents and those with caring responsibilities develop skills, enhance family life, improve wellbeing and support work/life balance.



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/>

Wellbeing 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.

We've partnered with the Money and Pensions Service to bring you financial wellbeing support to help you manage your finances at home so you can:

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



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/support-offers/>

Wellbeing 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.



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/support-offers/>

Wellbeing resources

Substance misuse and gambling support

Recognising the increasing pressures on NHS staff, we have put together a range of information on substance misuse and gambling support available through a number of organisations.

Substance misuse

Substance abuse or misuse can severely affect a person's physical and mental health, and can impair their ability to function. It can equally cause harm to others around them. There are a range of services and helplines that can provide support for those who may need somebody to talk to.

Gambling

Problem gambling can have a devastating impact on individuals and families in all areas of life, including relationships, physical and psychological health and wellbeing, work and self-esteem. There is help available, not only for gamblers but also for their friends and family.

Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/support-offers/>

Wellbeing 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 getting a good night of sleep, personal resilience, support for line managers, guidance on how to be a compassionate leader during a bereavement and tips on how to run your own 10 minute Pause Space.



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/How-to-guides/>

Support for leaders

Support for all leaders includes:

- 1:1 coaching and mentoring support sessions
- Leadership support circles
- 10 evidenced-based behaviours for leading through COVID-19 and beyond

Support for exec leaders includes:

- Leadership stories and reflections
- 1:1 psychological support
- Chief executive common rooms
- Virtual action learning sets



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/>

Support for staff in social care

Colleagues working in health and social care can [access support](#) developed by **The Department of Health & Social Care**. Specific support available to you, includes unique access to:

- Support lines
- Mental health apps
- Bespoke online platform



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/care-health-and-wellbeing-support/>