

Our NHS People Wellbeing Support

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



Contents

Are you facing challenges in your work right now?	Page 1
Help Now	Page 4
Staff Support Line	Page 4
Bereavement Support Line	Page 4
Bereavement and Trauma Support Line for Our Filipino Colleagues	Page 5
Help From Colleagues	Page 6
Staff Common Rooms	Page 6
Wellbeing Support Service.....	Page 6
Virtual Health and Apps	Page 7
SilverCloud Health.....	Page 7
#StayAlive	Page 7
Daylight.....	Page 8
Sleepio	Page 8
Unmind	Page 9
Headspace.....	Page 9
Movement for Modern Life.....	Page 10
Cityparents.....	Page 11

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 are available at people.nhs.uk.



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 06 96 222 - NHS England

Call: 0800 48 40 555 - NHS Wales (English)

Call: 0808 16 42 777 – NHS Wales (Welsh)



Alternatively, you can text **FRONTLINE to 85258**, to start a conversation via text.

A team of trained advisors are available to offer round the clock support through our text helpline service, operated by Shout.



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.

Tagalog speaking specialist counsellors and support workers are available if colleagues:

- have experienced a bereavement
- wellbeing has been affected by witnessing traumatic deaths as part of your work
- need to discuss any other anxiety or emotional issues you may be experiencing as a result of the coronavirus pandemic

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

Help From Colleagues

Staff Common Rooms

The staff common room is an opportunity for our NHS people to come together virtually and support each other during this difficult time. The staff common rooms are a safe and supportive environment through which colleagues can continue to stay mentally well. They are open to anyone working in the NHS.

Join one of our daily virtual group sessions [HERE](#)

#CARING4NHSPeople Wellbeing Webinars

Do you have a role in workforce, occupational health, organisational development, leadership, trade union support or other area that is supporting the wellbeing of our NHS people during and following the Covid-19 response?

You are very welcome to join NHS England and Improvement's weekly virtual sessions! The sessions will be held every Wednesday between 4pm and 5pm.

If you're not able to attend the live session, don't worry: the session will be recorded, and available on this page after the event. You can also follow on Twitter using the hashtag [#Caring4NHSPeople](#).

For more information you can subscribe to the mailing list [here](#)

Wellbeing Support Service



We've partnered with Project 5 to make free 1-2-1, confidential support sessions available for our NHS people. Project 5 is led by Clinicians and coaches and can link you to professionals with the skills to assist at a time of crisis.

Find support at [Project 5](#)



Virtual Health and Apps

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. Apps include SilverCloud, Sleepio, Daylight, Unmind and Headspace.

SilverCloud Health



SilverCloud Health is a leading digital mental health company. Our 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.

How NHS staff and their families can get access

- Download the Silvercloud app from your app store
- Use access code: NHS2020

#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.

The app includes:

- A safety plan with customisable reasons for living
- A LifeBox where you can store photos and memories that are important to you
- Strategies for staying safe and tips on how to stay grounded when you're feeling overwhelmed
- Guided-breathing exercises and an interactive Wellness Plan

The app also links you directly to local and national crisis resources, with space to add in your own as well.

Download the [#StayAlive](#) app from your app store

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.

How NHS staff can get access

- **Sign up for an account using your name and email address**
- **Download the Daylight app from your app store (search: Daylight- Worry less)**
- **Answer a few short questions to tailor the programme to you**

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.

How NHS staff can get access

- **Click here to access**
- **Answer a few short questions to tailor the programme to you**
- **Sign up for an account using your name and email address**
- **Click 'Personalize Sleepio'**

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.

How NHS staff can get access

- **Sign up here with your NHS email address**
- **Download the Unmind app from your app store**
- **Your organisation name is 'NHS' – if you do not see your NHS email domain please contact support@unmind.com and include your email domain**

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.

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.

How NHS staff can get access

- **Sign up with your NHS email address here**
- **Download the Headspace app from your app store**
- **Access their FAQ's and support for more information**

Movement for Modern Life

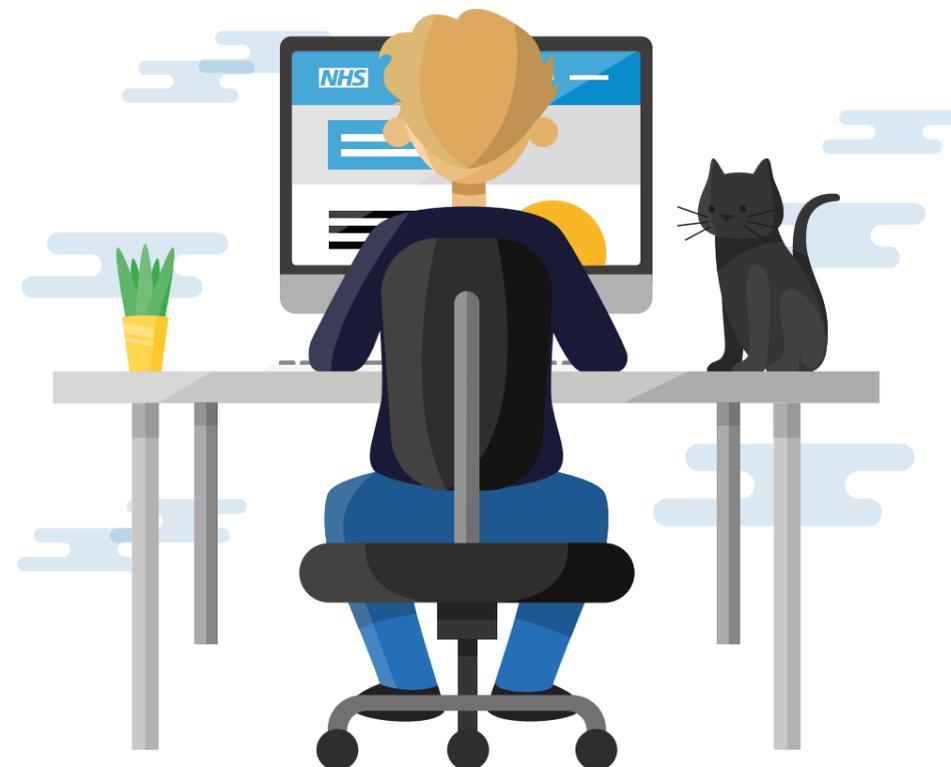


Movement for Modern Life is a British online yoga platform that brings together world class yoga teachers, inspired movement and mindfulness into your home or a place of comfort. It encourages its members to look after their physical health, in order to promote good mental health and wellbeing.

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.

How NHS staff can get access

- [Sign up with your NHS email address here](#)



Cityparents



Cityparents' programme offers expertise and support to help you balance work with family life.

Cityparents have offered their online programme of support and resources to NHS employees without charge until the end of 2020.

The programme consists of 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. All Cityparents content is relevant for working parents and carers, spanning careers, wellbeing and parenting topics. Their aim is to help working parents and those with caring responsibilities develop skills, enhance family life, improve wellbeing and support work / life balance.

These resources can be accessed remotely by all NHS employees:

- The full schedule of Cityparents webinars spanning careers, wellbeing and parenting topics
- Dedicated Covid-19 resources – a tailored collection of positive and practical advice and support, updated daily

- Rich online content published weekly through their library of Expert Advice articles
- Cityparents Talk podcast series discussing views and perspectives on relevant topics
- A library of webinar recordings – each webinar is available online for 21 days post livestream so you can listen in at a time that suits you
- Their popular blog series sharing experiences of other working parents and carers

How NHS staff can get access

- [Sign up with your NHS email address here](#)



For more information visit
people.nhs.uk



For confidential support by phone

General: 0800 06 96 222 - NHS England | 0800 48 40 555 - NHS Wales (English) | 0808 16 42 777 – NHS Wales (Welsh)



For support by text message

Text 'FRONTLINE' to 85258 | 24 hours a day, seven days a week



For virtual health and apps

Get free access to a number of wellbeing apps until the end of December 2020

If you are responsible for health and wellbeing and would like posters or social media assets to let colleagues know what's available, please email ournhspeople.hwb@nhs.ne



#OurNHSPeople | @people_nhs