**Supporting the wellbeing and mental health of our NHS and social care staff during the COVID-19 period**

Whilst the coronavirus (COVID-19) pandemic continues it is understandable that people might feel anxious, stressed or low in mood. These feelings are an understandable reaction to very difficult circumstances. For many people this will be a reaction that resolves itself. For some these feelings may persist.

We want our hard working NHS and social care staff to know that your mental health and wellbeing are important to us. You may already be using supervision with your line manager or professional lead to discuss aspects of your wellbeing. To provide additional support during this period we want our local NHS and social care colleagues to know that there are a range of services available that can help. Below we have listed some of the main sources of support.

Give these resources a try and seek help early if you find feelings of low mood or anxiety are not resolving. Our local services (see number 3 below) are giving priority to NHS and social care staff.

**Ways to access support during COVID-19**

|  |  |  |  |
| --- | --- | --- | --- |
| **Option**  | **Provided by** | **What’s on offer?** | **Where do I find this help?** |
|  | **Good Thinking****OurNHSPeople wellbeing team****NHS Practitioner Health****Frontline19****Beat COVID: Get Prepared****Every Mind Matters****Mind****Duty to Care****Welldoing.org****Body & Soul****Association of Christian Counsellors****Resilient Practice****We are Beyond** | Digital Mental Wellbeing for London A range of free apps and tools to help your mental health and wellbeing, approved by the NHS. Access to a wide range of support including: * a confidential helpline from 7am -11 pm, 7 days a week
* confidential support text conversation available 24/7
* support with psychological wellbeing
* opportunities to link with other professionals to share and receive support through virtual staff common rooms
* support for you and your team to stay well together
* confidential bereavement support Line operated by Hospice UK. Free to access from 8am – 8pm, 7 days a week
* confidential bereavement and trauma support for Filipino colleagues, staffed by professionals who are all Tagalog speakers. Available 8am – 8pm, 7 days a week
* Access to a number of apps which are free for NHS staff until the end of March 2021
* Online support and resources for working parents, carers and their families offered free by Place2Be until end of December

NHS Practitioner Health is supporting the mental health of doctors with a range of free tools and resourcesA free, independent, confidential and UK based nationwide service delivering psychological support to people working on the frontlineGet Prepared is an online campaign designed to help you keep a healthy mind and body.National website with expert advice and practical tips to help you look after your mental health and wellbeingMind, the mental health charity, has developed tips to help you maintain your mental wellbeing, including ways to support yourself during winterNHS workers can access free online sessions to improve and sustain mental health and wellbeing by registering on the Duty To Care websiteWelldoing.org therapists are offering free sessions to NHS staff. All therapists have been verified and are members of their appropriate professional bodies.A call-back service offering 30-minute sessions with a trained therapist, giving you a chance to be validated, heard and supported. There is an option for further support if necessary.A free service available until 31 January 2021. 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 none, and you can ask to be matched on ethnicity.  Aiming to raise awareness of the importance of personal resilience in modern life, you can improve your self-awareness & learn practical skills to create your own personal resilience toolkit. You can download a free resilience toolkit from the We are Beyond site to help reduce stress and anxiety | [**https://www.good-thinking.uk/**](https://www.good-thinking.uk/)[**https://people.nhs.uk/**](https://people.nhs.uk/)**Helpline number: 0800 069 6222****Text FRONTLINE to 85258** **Call: 0300 303 4434****To book a consultation call: 0300 303 1115**[**https://www.practitionerhealth.nhs.uk/**](https://www.practitionerhealth.nhs.uk/)**https://www.frontline19.com**[**https://www.beatcovid.co.uk/**](https://www.beatcovid.co.uk/)[**https://www.nhs.uk/oneyou/every-mind-matters/**](https://www.nhs.uk/oneyou/every-mind-matters/)[**https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/**](https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/)[**https://www.dutytocare.info/**](https://www.dutytocare.info/)[**https://welldoing.org/counselling/nhs**](https://welldoing.org/counselling/nhs)[**http://bodyandsoulcharity.org/sharethelove/#text-blocks-nhs**](http://bodyandsoulcharity.org/sharethelove/#text-blocks-nhs)[**https://www.acc-uk.org/news/hidden-holding-pages/covid-19-crisis-counselling-support-service.html**](https://www.acc-uk.org/news/hidden-holding-pages/covid-19-crisis-counselling-support-service.html)[**https://www.resilientpractice.co.uk/**](https://www.resilientpractice.co.uk/)[**https://we-are-beyond.com/resilience-toolkit/**](https://we-are-beyond.com/resilience-toolkit/) |
|  | **Your local employer**  | Your local employer will have put some measures in place to support your wellbeing during this difficult period. This will include guidance on safety, changed patterns of working and where you can access wellbeing support within your organisation. | **Talk to your local staff counselling service, your occupational health team, your wellbeing lead or your Human Resources department.**  |
|  | **Your local IAPT service** | Your local Improving Access to Psychological Therapies and Wellbeing services (IAPT) offer a range of talking therapy options to help you manage symptoms of stress, worry, and low mood and to build your emotional resilience.IAPT services provide specialist interventions and support including one-to-one support to help people with stress-related problems, anxiety disorders, depression and trauma.If you require more specialist support with mental health needs your local IAPT service can also help you find this. | **You can contact your local IAPT service via telephone or email, or complete an online self-referral form by using the self-referral function on the IAPT website.****Your local IAPT websites can be found at:****Merton Uplift**: <https://www.mertonuplift.nhs.uk/>**Sutton Uplift**: <https://www.suttonuplift.co.uk/psychological-therapies>**Talk Wandsworth:** <https://www.talkwandsworth.nhs.uk/>**Kingston**: <https://www.icope.nhs.uk/kingston/>**Richmond**: <https://www.richmondwellbeingservice.nhs.uk/>**Croydon:** <https://slam-iapt.nhs.uk/>If you live outside the areas covered by these services, your local IAPT service can be found at [https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20(IAPT)/LocationSearch/10008](https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20%28IAPT%29/LocationSearch/10008) |