

Supporting Our People

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

National Health & Wellbeing Support on a Page

January 2021

NHS England and NHS Improvement



Supporting Our People



From staff member feeling distressed

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

To needing specialist mental health intervention

Self help

NHS People site offers overview and instructions for complete support offering

Free access to mental health apps

- Unmind
- **Davlight**
- Sleepio
- Headspace
- Movement For Modern Life (yoga)
- Stay Alive (suicide support)
 Liberate Meditation (bespoke support for BAME colleagues)

Access to further apps including:

- Bright Sky for concerns around domestic abuse
- <u>CityParents</u> support with working from home and managing families

Place2Be support, arts and craft resources for keyworker parents and carers, to support the mental health and wellbeing of their children

Encouragement to access support from friends, family and the local community

Need to talk

Support through your line manager

Support through your team/colleagues

Support through peers, coaches and mentors

Freedom to Speak Up Guardians

Access to local Occupational Health and EAP services

NHS national staff helpline (Samaritans) and text service (Shout), including a bespoke Filipino helpline

NHS national staff bereavement helpline

NHS staff financial helpline (MaPS)

Access to the Relate counselling pilot (currently live in two regions), providing a family and dependent support programme

More intensive support

Common rooms - Groups of staff coming together around critical issues

Project 5 - clinically led 1-1 support and coaching

Association of Christian counsellors - 10 online or telephone counselling sessions

#LookingAfterYouToo and #LookingAfterYourTeam -

Bespoke 1:1 and team coaching for all primary care staff

Mental Health

Brief interventions through EAP

Self referral to local IAPT (or via GP)

Resilience hubs (launching in January 2021)

Access to Practitioner Health (for primary care GPs, dentists)

Crisis Intervention

NHS urgent mental health helplines (search via **NHS Choices** or NHS 111) available 24/7 across the country

Support through line managers trained in REACT conversations

NHS national staff helpline and text support line

NHS People website: england.nhs.uk/people