

Supporting Our People

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

National Health & Wellbeing Support on a Page

30th December 2020

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	Need to talk	More intensive support	Mental Health Crisis intervention	
<p>Free access to a range of mental health apps</p> <ul style="list-style-type: none"> • Unmind • Daylight • Sleepio • Headspace • Liberate Meditation (bespoke support for BAME colleagues) • Movement For Modern Life (yoga) • Stay Alive (suicide support) <p>Access to further apps including:</p> <ul style="list-style-type: none"> • Bright Sky (for concerns around domestic abuse) • CityParents (for support with working from home and managing families) <p>Digital resources such as the NHS People site (for access to learning and development, signposting and podcasts)</p> <p>Place2Be - programme of support and arts and craft resources for keyworker parents and carers, to support the mental health and wellbeing of their children</p> <p>Encouragement to access support from friends, family and the local community</p>	<p>Support through your line manager support</p> <p>Support through your team/colleagues</p> <p>Support through peers, coaches and mentors</p> <p>Freedom to Speak Up Guardians</p> <p>Access to local Occupational Health and EAP services</p> <p>NHS national staff helpline Samaritans) and text service (Shout), including a bespoke Filipino helpline</p> <p>NHS national staff bereavement helpline (Hospice UK)</p> <p>NHS staff financial helpline (MaPS)</p> <p>Access to the Relate counselling pilot (currently live in two regions), providing a family and dependant support programme</p>	<p>Common rooms – Groups of staff coming together around critical issues</p> <p>Project 5 – clinically led 1-1 support and coaching</p> <p>Association of Christian counsellors –10 online or telephone counselling sessions</p> <p>#LookingAfterYouToo and #LookingAfterYourTeam – Bespoke 1:1 and team coaching for all primary care staff</p>	<p>Brief interventions through EAP</p> <p>Self referral to local IAPT (or via GP)</p> <p>Resilience hubs (launching in January 2021)</p> <p>Access to Practitioner Health (for primary care GPs, dentists)</p>	<p>NHS urgent mental health helplines (search via NHS Choices or NHS 111) available 24/7 across the country</p> <p>Support through line managers trained in REACT conversations</p> <p>NHS national staff helpline and text line</p>

More Offers coming in January 2021 – please check via www.people.nhs.uk