

## Weekly digest

Monday 15 February 2021

### Regular briefing for General Practices across NW London

The priority note for general practice in this week's digest is:

### Mental health

#### #OurNHSPeople Wellbeing Support

The #OurNHSPeople Wellbeing Support package from NHS England and NHS Improvement continues to be available for staff.

The support is designed to help all NHS staff take steps to maintain their physical and mental health and overall wellbeing while managing Covid-19 and includes:

- a free wellbeing support helpline, providing confidential listening from trained professionals and specialist advice, including coaching, bereavement care, mental health and financial help on 0300 131 7000, available from 7.00 am – 11.00 pm seven days a week
- a 24/7 text alternative to the above helpline – simply text FRONTLINE to 85258
- [Online](#) peer to peer, team and personal resilience support, including through [Silver cloud](#), and free mindfulness apps [Unmind](#), [Headspace](#), [Sleepio](#) and [Daylight](#). This is in addition to the [health and wellbeing](#) services and [employee assistance programme](#) already in place.

#### NW London support

- Staff who are stressed, anxious or experiencing low mood can access wellbeing and psychological support from the [Keeping Well service](#) run jointly by West London NHS Trust and CNWL.
- The service is for all NHS staff and those providing care to others in the community, including residential homes in the North West London area, as well as London Ambulance service.
- Good Thinking provides digital mental wellbeing support for London. More information can be found here [www.good-thinking.uk/coronavirus/](http://www.good-thinking.uk/coronavirus/)
- Thrive LDN is a citywide movement to improve the mental health and wellbeing of all Londoners. More information here <https://thrivedn.co.uk>

## Help Us Help You – access Mental Health services

We know mental health needs are increasing as a result of the pandemic, help is available from the NHS.

- The NHS is asking anyone facing feelings of anxiety and depression to come forward for care.
- Just talking can help – and NHS talking therapies are an effective way to address mental health issues.
- NHS Talking therapies can be delivered safely even during lockdown, with appointments available over the phone and online. Face to face appointments are also still available, and services have implemented new measures to limit infection risks.
- Download and circulate the [new resources](#) amongst your networks to reach as many people as possible.

Access services near you, you can refer yourself or speak to your GP or another healthcare professional for a referral. Visit [www.westlondon.nhs.uk/service/iapt/](http://www.westlondon.nhs.uk/service/iapt/) or [www.talkingtherapies.cwl.nhs.uk/](http://www.talkingtherapies.cwl.nhs.uk/).