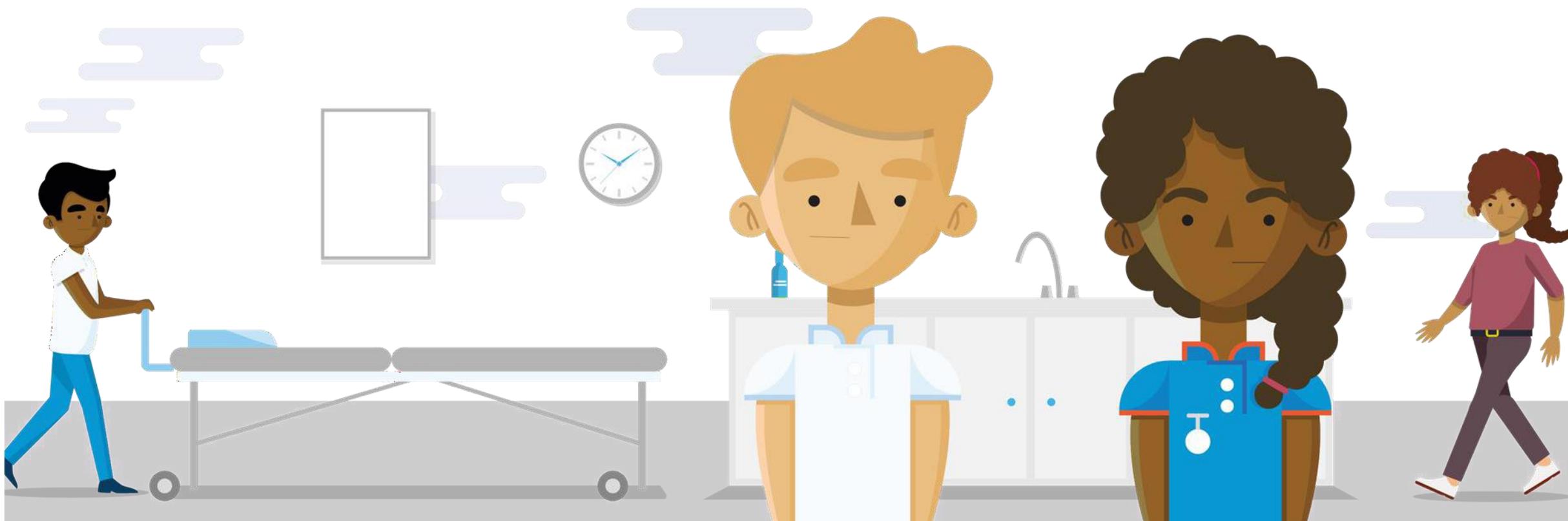


# Supporting Our Champions

National support offers:

Looking after your own health and wellbeing and supporting others to do so



# Mental health and wellbeing hubs feedback

## **Mental health concerns**

- Anxiety (including panic)
- Burnout / exhaustion / fatigue
- Low mood
- Trauma / PTSD
- Insomnia
- Feelings of abandonment
- Obsessive thoughts/behaviour
- Not feeling able to cope/overwhelm
- Moral injury
- Alcohol

## **Stressors and related concerns**

- Correlation and interrelation of physical health and overall mental health and wellbeing, including for those with underlying health conditions / Long COVID
- Work concerns, including lack of support / leadership
- Concerns about teams and team members, re-building teams
- Home life and work life balance
- Relationship / interpersonal issues
- Bereavement
- Time to access support is also a concern

# The national offer to all NHS people

One website with all the offers: [www.england.nhs.uk/people](https://www.england.nhs.uk/people)

You can also contact the national team

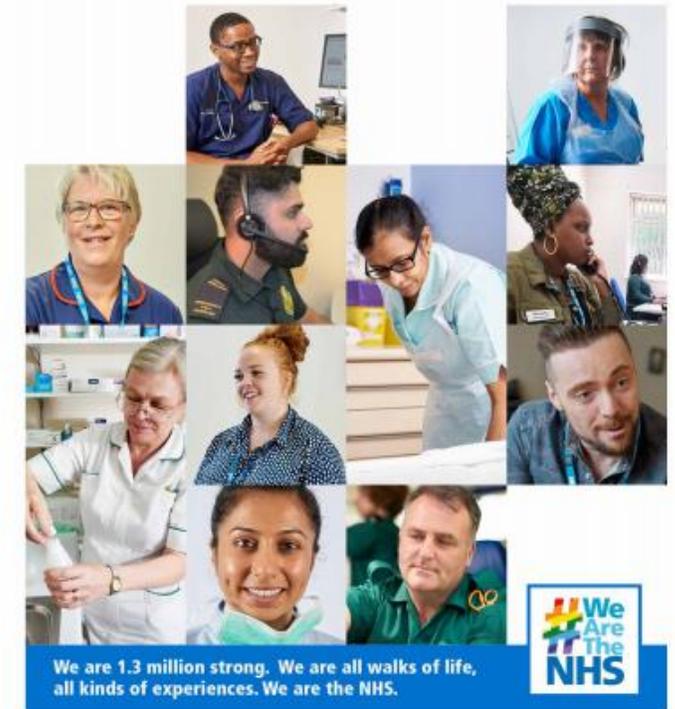
✉ By email: [ournhspeople.hwb@nhs.net](mailto:ournhspeople.hwb@nhs.net)

🐦 By Twitter: @people\_nhs

Support offers include:

- Dedicated staff helplines ran by trained professionals
- Text support
- Access to a range of mental health apps
- Rapid access to local evidence-based mental health services and support where needed through a mental health hub
- Bespoke financial wellbeing support
- Coaching, counselling and mentoring programmes
- A physical health programme and supporting weight management offer

**WE ARE THE NHS:**  
People Plan 2020/21 -  
action for us all



# Dedicated staff support lines and text services



**Staff support line-** have a confidential staff support line, operated by the Samaritans and free to access from 7:00am – 11:00pm, seven days a week. **Call: 0800 069 6222** or text **FRONTLINE** to 85258 for support 24/7 via text

**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. **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. **To book a consultation, call: 0300 303 1115**



## Counselling and talking therapies for our ethnic minority colleagues

### **#Looking after you too: Coaching support for our Black, Asian, Minority Ethnic colleagues**

This programme has been developed to support any NHS colleagues who identify as part of our Black, Asian, and Minority Ethnic workforce in NHS and ambulance trusts, in maintaining their psychological wellbeing during this challenging time.

### **Islamic mental health and wellbeing service**

Free faith-based mental health counselling support for Muslims working in the NHS. Inspired Minds and the Lateef Project have partnered with the NHS to provide a confidential and Islamic-based counselling service for our NHS people, delivered by qualified counselling therapists.

**Find out more:** <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/>



# Support for colleagues who may need a clinical assessment

[The staff mental health and wellbeing hubs](#) have been set up to provide healthcare colleagues rapid access to local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all healthcare staff. The hubs can offer you a clinical assessment and supported referral to the support that you need, such as talking therapy or counselling. It is separate and confidential from your organisation.

It is open to all healthcare staff, including those working in primary care and social care. You can self-refer or refer a colleague (with their consent).

**To find your local hub:** Please visit the website below and select the region most appropriate to you.

**Find out more:** <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-mental-health-and-wellbeing-hubs/>

## Hubs deliver three key functions:

1. Deliver **proactive outreach and engagement**
2. Provide rapid **clinical assessment**
3. Provide **care co-ordination and supported onward referral** to deliver rapid access to mental health treatment

# Support through our digital health and wellbeing apps



## 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.

Free access has now been extended until 31 December 2022.



## Unmind

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. It includes digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.

Free access has now been extended until 31 December 2021.



## 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.



Find out more: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/>