

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	Need to talk	More intensive support	Mental Health	Crisis Intervention
<p>NHS People site offers overview and instructions for complete support offering</p> <p>Free access to mental health apps</p> <ul style="list-style-type: none"> • Unmind • Daylight • Sleepio • Headspace • Movement For Modern Life (yoga) • Stay Alive (suicide support) • Liberate Meditation (bespoke support for BAME colleagues) <p>Access to further apps including:</p> <ul style="list-style-type: none"> • Bright Sky for concerns around domestic abuse • CityParents support with working from home and managing families <p>Place2Be support, 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</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</p> <p>NHS staff financial helpline (MaPS)</p> <p>Access to the Relate counselling pilot (currently live in two regions), providing a family and dependent 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 support line</p>

NHS People website: england.nhs.uk/people

Local, System and Regional support