

# Supporting Our NHS Medical People



Access the support **you** need to manage your **own health and wellbeing** whilst looking after others

- Free access to self-help [wellbeing apps](#)  
• [headspace](#) [unmind](#) [Sleepio](#)
- [Place2Be](#) – online support, arts and craft resources for keyworker parents/carers
- Download personal stories from the RCP's [This Doctor Can](#) campaign
- [Better Health](#) – this new initiative has free tools and apps to support personal weight loss, fitness and wellbeing goals
- [Live Well](#) – Read the latest advice, access tips and expert guidance to help you make the best choice about supporting overall wellness

## Self Help and Prevention



- National [staff helpline](#) (Samaritans) and **text service** (Shout), including the following;
  - Bespoke Filipino helpline
  - National staff [bereavement helpline](#)
- Access to free and confidential financial advice helpline through [Money Advice Service](#)
- Support through your line manager via [Wellbeing Conversations](#)
- Local EAP or Occupational Health based in employing organisations as well local Mental Health first aiders or Wellbeing champions

## Need to Talk



- Clinically led 1:1 support and coaching through [Project 5](#)
- Counselling sessions with [Association of Christian Counsellors](#) - flexible appointment times by video or telephone
- Coaching for colleagues working in Primary care [#LookingAfterYouToo](#) and [#LookingAfterYourTeam](#)
- [Bespoke coaching](#) support offers for Black, Asian and Minority ethnic colleagues
- Specialist wellbeing support for Band 8d and above via [NHS Practitioner Health](#)

## Intensive Support



- Staff mental health and wellbeing hubs provides a confidential and rapid access to local evidence-based mental health support
- Hubs offer clinical assessment and triage to support/treatment to all health and social care staff
- Four Hubs operate across East Region, covering the following areas;
  1. [Cambridgeshire & Peterborough](#) Hub
  2. [Bedfordshire, Luton & Milton Keynes](#) Hub
  3. [Norfolk & Suffolk](#) Hub
  4. [Hertfordshire & Essex](#) Hub

## Crisis Intervention



The NHS has a wide range of evidence-based options to support health and wellbeing needs - please access and share these with your colleagues  
[NHS England People Support](#)



Remember, these offers are in **addition** to your own local organisation's wellbeing offer

