

# WORKING IN HEALTH AND CARE?

WE'RE HERE DURING THE COVID-19 PANDEMIC TO SUPPORT YOU, YOUR HEALTH AND YOUR WELLBEING

## 1 LOCAL SUPPORT

Your organisation may have an occupational health service or an employee assistance programme that can provide online support. Contact your local HR Department or [workforce.snee@nhs.net](mailto:workforce.snee@nhs.net) for more information and login details.

24-HOUR

## 2 SUFFOLK AND NORTH EAST ESSEX-WIDE SUPPORT

We have partnered with Suffolk Mind and Mid and North East Essex Mind to provide additional support to staff via telephone triage, online training (Meeting Emotional Needs in Practice and Keeping Calm) and 1-to-1 counselling sessions. Telephone triage can be accessed by calling **01206 764600**. For more information and bookings for online training visit [www.suffolkmind.org.uk/sminteractivetraining](http://www.suffolkmind.org.uk/sminteractivetraining)

IN AND OUTSIDE OF HOURS

## 3 SUFFOLK-WIDE SUPPORT

The NSFT First Response helpline is available to everybody, including all health and care staff and their families based in Suffolk or Norfolk requiring mental health care, advice and support regardless of whether they are an existing NSFT service user. Call 24/7 on **0808 196 3494**.

24/7

## 4 ESSEX-WIDE SUPPORT

Essex Partnership University NHS Foundation Trust (EPUT) is delivering a new service for health and care staff that need support with managing stress and emotional difficulties in relation to the COVID-19 pandemic. Call **01375 898837** or email [epunft.staffpsychsupport@nhs.net](mailto:epunft.staffpsychsupport@nhs.net). Available every day 8am-8pm

8AM-8PM

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## NATIONAL SUPPORT

Call the National NHS staff helpline on **0300 131 7000** for support, signposting and confidential listening operated by the Samaritans available every day 7am-11pm or text **FRONTLINE** to **85258** for 24/7 support via text. Visit [www.people.nhs.uk/help](http://www.people.nhs.uk/help)

7AM-11PM



Suffolk



Mid and North East Essex

**MORE RESOURCES - ALL FREE FOR NHS STAFF!**

**UNMIND** A mental health platform which empowers the user to proactively improve their mental wellbeing, including help with stress, sleep, coping, connection, fulfilment and nutrition. Visit <https://nhs.unmind.com/signup>

**HEADSPACE** This science-backed app for mindfulness and meditation provides tools and resources to help reduce stress, build resilience and more. Visit [www.headspace.com/nhs](http://www.headspace.com/nhs)

**SLEEPiO** (developed by Big Health) A sleep improvement programme using cognitive behavioural techniques to help address poor sleep. Visit [www.sleepio.com/nhs-staff](http://www.sleepio.com/nhs-staff)

**DAYLIGHT** (developed by Big Health) A smartphone app that provides help with symptoms of worry and anxiety. Download the Daylight app or visit [www.trydaylight.com/nhs-staff](http://www.trydaylight.com/nhs-staff)