

Post-Covid News for General Practice

Wellbeing Suffolk has continued to provide a full range of interventions for people with wellbeing needs throughout the lockdown. Whilst our referral numbers experienced a slight dip we were busy working through our waiting lists which now are shorter than ever. Some of our interventions are available immediately such as the self-directed mindfulness course available from our website www.wellbeingnands.co.uk and computerised CBT modules from www.LLTF4Suffolk.com. Our one-off webinars and social events are accessible to all via a simple registration process on our website, no need for an assessment and we run these regularly so there is no wait.

We are currently offering the whole range of our interventions remotely, including all of the psychotherapy modalities, guided self help sessions, employment advice sessions and peer advise sessions either online via a video link or via telephone according to client choice. These are accessible via assessment, booked via a self-referral or professional referral www.wellbeingnands.co.uk or telephoning **0300 123 1503**, our lines are open 8 am – 8 pm. There is currently 2-4 week wait for an assessment, and depending on the treatment option chosen the wait for treatment after this is 1 – 8 weeks.

We have reinstated our Long Term Conditions pathways for diabetes, cardiology and respiratory problems, delivering mindfulness and relaxation sessions to community rehabilitation programmes, and we provide an online 6-week course **Living Well with Physical Health Problems** which is suitable for people experiencing low mood in the context of their long term physical health problems. We are working with our physical health colleagues in acute sector to develop integrated pathways to psychological therapy post intensive care treatment, and are starting to develop integrated referral pathways for people in cancer, gastrology and musculoskeletal physical health pathways.

We have been working with our colleagues in Primary Care and eConsult now includes our service information and the link to the Wellbeing Suffolk website. We are also working on developing a SystemOne template for an easy referral route.

Referral numbers are starting to increase now and we are prepared for, and have capacity to meet, the predicted post-covid surge in mental health needs in Suffolk. We met the 22% access target for 2019/20 and are aiming for 25% for 2020/21. We have consistently met and exceeded the nationally set recovery targets and are achieving as good outcomes with remote delivery as we did pre-covid face to face delivery.

We are currently able to prioritise treatment for all NHS staff, perinatal mothers and fathers and veterans whose presenting problem is related to their military service.

Questions to Assess Emotional Wellbeing Needs

Over the past two weeks, have you been bothered by:

Having little interest in doing things? Yes / No
Feeling down, depressed or hopeless? Yes / No
Feeling nervous, anxious or 'on edge'? Yes / No
Not being able to stop, or control worrying? Yes / No

If yes to any: www.wellbeingnands.co.uk

Wellbeing Offer

Our one off webinars are now all provided online with easy registration process and open to all 16 + yrs old in Suffolk:

Coping with Worry during Coronavirus Times

Life After Lockdown – Finding a New Normal

Improving Your Sleep

Coping with Bereavement during Coronavirus

Coping with Coronavirus Related Trauma

Healthy Relationships

Introduction to Mindfulness

COPD

Carers Support

Changes in Employment due to Covid

Getting Ready to Think about Work

IBS (Irritable Bowel Syndrome)

We are constantly developing the content and range of our webinars, to see the up to date offer visit our website <https://www.wellbeingnands.co.uk/suffolk/get-support/courses/>

Online Supported Self-Help:

www.LTTF4Suffolk.com helping you to live your life to the full, online modules to help manage stress, anxiety, low mood, the programme also has modules specific to physical health problems such as *Reclaim Your Life*, *Living Life to the Full for Chronic Pain* and *Living Life to the Full for Diabetes*

Self-directed mindfulness course available for all:

Mindful Living on our website: www.wellbeingnands.co.uk - this course is suitable for all, accessible 24/7 and can also be a useful additional tool when waiting for an appointment of after finishing therapy.

Online courses available after assessment:

Living Well with Physical Health Problems

Stress Control

Positive Wellbeing

Managing Worry

Self-referral or professional referral via our website www.wellbeingnands.co.uk

One to one telephone or video help available after assessment:

Guided self-help for anxiety or low mood

Cognitive Behavioural Therapy

Counselling for depression

Relationship counselling

Employment advice

Self-referral or professional referral via our website www.wellbeingnands.co.uk

Wellbeing Social Team Offer

Our Community Advisors would ordinarily be working out in the local community. However, due to the current restrictions, they have developed a series of online social events open to anyone aged 16 or over. The purpose of these events has been to allow people to come together and increase awareness of emotional wellbeing and local services. These events have been extremely popular – we have had 160 attendees this month. We have also been liaising with community groups to reach those under represented in mental health services, including BAME and Older People.

Our Employment Advisors are available to provide employment advice and support to our service users, and we anticipate a significant increase in need for this part of the service in the coming months. They have this month been focussing on young unemployment with the release of GCSE and A Level results. They have also been trained to manage specific concerns around furlough. Self-referral or professional referral via our website www.wellbeingnands.co.uk