

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 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

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. Available every day 8am-6pm

8AM-6PM

5

NATIONAL SUPPORT

Call the National NHS staff helpline on **0300 131 7000** or **0800 069 6222** 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

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

SLEEPiO (developed by Big Health) A sleep improvement programme using cognitive behavioural techniques to help address poor sleep. Visit 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