

**#LookingAfterYouToo** is an individual coaching support offer for primary care staff. Recognising that frontline staff are facing many challenges.

It's an easy to access, individually tailored coaching support service for the frontline primary care workforce, proactively supporting people through COVID-19.

It's a space for staff to offload the demands of whatever they are experiencing and be supported in developing practical strategies for dealing with this.

Available 7 days a week, 8:00am – 10:00pm Monday to Friday and 10:00am – 6:00pm Saturday and Sunday.

Coaching sessions will continue throughout the COVID-19 pandemic until at least March 2021.

### **Key messages**

The offer will support the psychological wellbeing and resilience among staff so that they can continue to deliver high quality care to patients, helping them to:

- process experiences
- develop coping skills
- deal with difficult conversations
- develop strategies for self-management in difficult circumstances.

This recognises the challenges they are facing, and the impact this will be having on physical and mental health.

The offer can take the form of a one-off session or an initial plus 2 follow up coaching sessions to support wellbeing and resilience.

Booking is via a link and does not require employer approval. Sessions are available 7 days a week and the offer is planning to run until March 2021.

[www.people.nhs.uk/lookingafteryoutoo](http://www.people.nhs.uk/lookingafteryoutoo)