

Supporting Our NHS People: Estates and Facilities

Helping you manage your own health and wellbeing
while looking after others



Support for our NHS Estates and Facilities colleagues during the pandemic

Whether you're on the front line directly caring for patients or in one of the thousands of essential NHS roles we rely on each and every day, this is a challenging time. We are all working very differently, and combined with the additional pressures of looking after loved ones and anxiety about the future, this is a huge psychological shift.

Now more than ever, you deserve a comprehensive package of emotional, psychological and practical support.

A range of guides, apps and events to support the wellbeing of you and your team is available at people.nhs.uk.



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Help Now



Staff support line

In the current climate of increasing pressures on our healthcare system, our NHS people potentially face significant stresses.

We have introduced a confidential staff support line, operated by the Samaritans and free to access from 7:00am – 11:00pm, seven days a week.

This support line is here for when you've had a tough day, are feeling worried or overwhelmed, or maybe you have a lot on your mind and need to talk it through. Trained advisers can help with signposting and confidential listening.

Call: 0800 069 6222

Alternatively, you can text **FRONTLINE** to 85258 for support 24/7 via text



Bereavement support line

We also have a confidential bereavement support line, operated by Hospice UK and free to access from 8:00am – 8:00pm, seven days a week.

A team of fully qualified and trained bereavement specialists are available to support you with bereavement and wellbeing issues relating to loss experienced through your work.

Call: 0300 303 4434

Bereavement and trauma support line for our Filipino colleagues

There is a team of fully qualified and trained professionals, all of whom are Tagalog speakers, ready to help you at our NHS Bereavement & Trauma Line for Filipino Staff. This assistance is available from anywhere in the country and is provided by Hospice UK.

All calls will be treated in the strictest of confidence and this will be explained to you when you call. This service is available seven days a week, between 8:00am and 8:00pm. You do not need a referral.

To book a consultation, call: 0300 303 1115

Online Support & Counselling



Virtual staff common rooms

In partnership with NHS Practitioner Health, we have been busy developing virtual staff common rooms for colleagues across the NHS, including bespoke sessions for the ambulance sector.

The common rooms are safe and supportive spaces for colleagues to stay mentally well. By joining, you will have time to:

- Reflect
- Share frustrations and experiences
- Find ways to cope with how COVID-19 is affecting your life at home and at work

Hosted by an experienced and approved practitioner, the confidential session lasts one hour and will have a maximum of ten NHS participants.

To book a session:

<https://www.events.england.nhs.uk/events/common-rooms>



Online Support & Counselling



Counselling support from ACC

A free service developed and funded by the Association of Christian Counsellors, who are offering up to 10 online or telephone counselling sessions to:

- People working within the NHS who are directly impacted by COVID-19
- People working in residential care homes who have been impacted by caring for those with COVID-19
- Anyone who has been bereaved during this time

The confidential service is open to people of all beliefs and none, and you can ask to be matched on ethnicity.

To find out more: <https://people.nhs.uk/help/>



Online Support & Counselling



Wellbeing support service: [Project5.org](https://www.project5.org)

We've partnered with Project5.org to make free 1-2-1, confidential support sessions available for our NHS people.

Project5.org is an online booking system which gives NHS staff access to free one-to-one support online from a team of accredited clinical psychologists and mental health experts.

The Project5.org logo, featuring the text 'Project5.org' in blue and white, set against a white rectangular background.

Project5.org

Online Support & Counselling



Free confidential support and advice from Relate

Relate, the leading relationships charity, is offering all staff delivering NHS services in the Midlands and London a free 30 minute webchat or phone call with a Relationships and Wellbeing Advisor.

Recognising the extraordinary circumstances that people find themselves in as a result of COVID-19, Relate has launched “relatehub” – a safe and confidential place where any relationship issues or wellbeing concerns can be discussed and worked through.

relatehub can help with a range of issues for when you most need support including:

- relationship problems with partners, children, family, friends and colleagues
- health or job worries
- stress at work or other anxieties in or out of the workplace feelings of isolation, loneliness or not having the time to look after your own wellbeing.

Trained Relationships and Wellbeing Advisors will help people to put a plan in place to tackle their issue or signpost to further advice and support if needed.

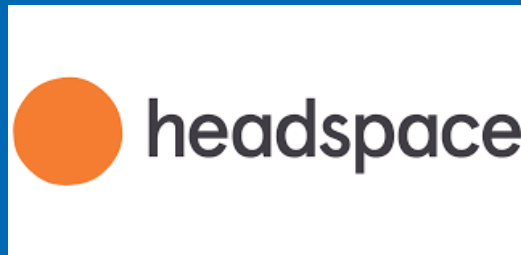
Find out more: <https://hub.relate.org.uk/nhs> or **call** 0300 303 4477



Wellbeing Apps & Resources



Details of each mental health app available to NHS staff and how to sign up can be found on the People site here: <https://people.nhs.uk/help/support-apps/>
To date there have been more than 166,000 downloads across the apps.
Popular topics include support with sleep, relaxation sounds and daily mood boosts.



Consultant Anaesthetist
“For anyone who hasn’t taken the plunge with the NHS subscription to @Headspace - I’ve always been sceptical of apps like that, but last night I used one of their sleep ones before bed, and slept better than I have in about five years.”

Assistant Psychologist
“I’ve found the mindfulness apps massively helpful over the past couple of weeks in continuing to offer the groups to both staff and service users.”



Wellbeing Apps & Resources



On 29 June, NHS England and NHS Improvement announced a partnership with Liberate Meditation – a mindfulness app which offers culturally sensitive and diverse meditations and talks curated for members of the black, Asian and minority ethnic (BAME) community, by the BAME community. The app includes sessions which aim to reduce anxiety, alleviate stress and promote better rest, bringing in elements of cultural diversity, such as relating to your ancestors and sharing advice on how to react when someone is unintentionally racist.



<https://people.nhs.uk/help/support-apps/liberate-meditation/>



Andy Massiah, Associate Director for Learning and Organisational Development at Royal Surrey NHS Foundation Trust, said:

“It’s really important to be true to my own values, be resilient and strive for excellence in everything I do when supporting others. Fortunately, my spiritual faith is very strong and using the Liberate App will only help me to become even stronger in terms of supporting my health and wellbeing.”

Wellbeing Apps & Resources



#StayAlive

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.



Brightsky

Bright Sky is a free to download mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.

The app is also available to use in Polish, Punjabi and Urdu.



Wellbeing Apps & Resources



Cityparents

Cityparents are offering their online programme to NHS employees without charge until March of 2021. It includes a curated collection of positive and practical support for working parents, delivered through expert-led webinars/seminars, advice, peer insights, online articles, blogs and podcasts to help working parents and those with caring responsibilities develop skills, enhance family life, improve wellbeing and support work/life balance.



Daylight

Daylight is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.

Big Health is offering free access to Daylight for all NHS staff until 31 December, active now.



Wellbeing Apps & Resources



Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

They are offering free access to all NHS staff with an NHS email address until 31 December, active now.



Liberate

Liberate has partnered with the NHS to offer you a free subscription until December 2020 to the #1 meditation app for POC/BAME communities.

Liberate Meditation offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community. The app aims to help reduce anxiety, alleviate stress and promote rest.



Wellbeing Apps & Resources



Sleepio

Sleepio is a clinically evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

Big Health is offering free access to Sleepio for all NHS staff until 31 December, active now.



Unmind

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.

They are offering free access to NHS staff until the end of December 2020, active now.



Wellbeing Apps & Resources



Movement For Modern Life

Movement for Modern Life is a British online yoga platform that brings together world class yoga teachers, inspired movement and mindfulness into your home or a place of comfort. It encourages its members to look after their physical health, in order to promote good mental health and wellbeing. NHS staff are being offered free access to a range of resources, including breathwork sessions; stress reduction classes which can be done at a time convenient to you, in your home or in the workplace; a selection of energising morning classes and evening classes that aim to help you wind down or recharge.



Wellbeing Apps & Resources



Financial health and wellbeing support

We recognise that this is a difficult time for our NHS people and we know that financial concerns have consistently been in the top five reasons our people call the free support helpline run by the Samaritans.

We've partnered with the Money and Pensions Service to bring you financial wellbeing support to help you manage your finances at home.

NHS people can:

- Join one of our online financial wellbeing events
- Visit the Money and Pensions Service for support, guidance and tools

To find out more: <https://people.nhs.uk/guides/financial-wellbeing/steps/financial-wellbeing-resources/>



Wellbeing Apps & Resources



Place2Be

Place2Be have offered an online programme of expert support and resources for keyworkers, including all NHS colleagues, to support the mental health and wellbeing of keyworker children.

The programme consists of three webinars and an Art Room resource pack for children and parents and carers to craft and create together. The webinars cover: recovery and self-care; understanding and managing anxiety in uncertain times; understanding loss and bereavement.

The Art Room pack includes stories, instructions and activities exploring the ways in which parents and children can stay connected even when they're spending more time apart.

To find out more: <https://people.nhs.uk/place2be/>



Wellbeing Apps & Resources



Health and wellbeing guides

We've worked with a team of experts to develop over 20 short guides to help support you with skills and new ways to improve your experience of work. Our guides cover topics such as getting a good night of sleep, personal resilience, support for line managers, guidance on how to be a compassionate leader during a bereavement and tips on how to run your own 10 minute Pause Space.

All guides can be accessed here: <https://people.nhs.uk/all-guides/>



Support for leaders



Leadership support circles

Our leadership support circles provide evidence-based guidance and tools in a series of short, themed and interactive online sessions based on 10 principles for leading compassionately. Leadership Support Circles are a reflective space for managers at all levels to come together in a multi-disciplinary setting to share their experiences and be heard.

The autumn series is running from November 2020-February 2021.

To read more and sign up:

<https://people.nhs.uk/event/leadership-circles-autumn-series/>



Support for leaders



REACT MH[®] conversation training

A new train the trainer model of the REACT MH training is being launched in January 2021. NHS organisations have been invited to submit an expression of interest and will find out shortly if they have been accepted.

This new programme will enable NHS organisations to embed the principles behind the REACT programme and encourage a proactive focus on health and wellbeing across their organisation.

For more information on REACT:
<https://people.nhs.uk/react-mh-conversation-training/>



Support for leaders



Coaching and mentoring for leaders

NHS England and NHS Improvement has partnered with selected coaching companies and other leading-edge organisations to provide free, confidential, 1-2-1 coaching or mentoring support sessions for all NHS and social care leaders.

Coaching support: Leading in the moment

This coaching offer is available for managers at all levels. Managers will be matched with an experienced coach who will virtually support them in finding real-time solutions to help them move forward.

Coaching support: Leading in and through the crisis

This coaching offer is available for senior leaders. Leaders will be matched with an experienced coach who will virtually work with them to strengthen their leadership by creating space for them to stand back, slow-down and reflect.

Mentoring support

This mentoring offer is available for all leaders at all levels. A Military mentor of similar seniority (up to and including ESMs and Board members), will support leaders in finding real-time solutions to help them move forward, finding positive ways to stay resilient and overcome immediate challenges.

To find out more: <https://people.nhs.uk/support-for-leaders/coaching-and-mentoring-for-leaders/>

Support for staff in Social Care



The **Department of Health & Social Care** has developed additional, specific support available to those in social care, including unique access to:

- Support lines
- Mental health apps
- Bespoke online platform

We've listed some of the support available at:

<https://people.nhs.uk/help/care-health-and-wellbeing-support/>

The word 'CARE' in white, bold, sans-serif capital letters, set against a green rectangular background.

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