

Employee Health and Wellbeing Service

**Caring for you,
as you care for others**

Guide for all staff and managers/team leaders to maintaining wellbeing during the COVID-19 (Coronavirus) outbreak



This guide will provide practical and psychological guidance on looking after the physical and mental wellbeing of yourself and your colleagues during the COVID-19 outbreak.

This includes how to look after ourselves at work and at home, and tips on supporting transition at the end of the day/shift. This guide provides you with some mindfulness and relaxation tools, tips on spotting the symptoms of stress and anxiety, and coping strategies that can help you manage these feelings and build your emotional resilience.

This guide also provides frameworks which can be used by manager/ team leaders to support staff in sustaining their wellbeing during COVID-19, as well as a guide to facilitating daily 'Wellbeing Circles' within your own teams.



What's Included In This Guide

Protecting ourselves and the people around us	Page 4
Managing anxiety and psychological distress during and beyond COVID-19	Page 5
Caring for each other as a team during COVID-19	Page 10
Going home checklist (before you leave work)	Page 12
Managers guidance on sustaining the wellbeing of frontline staff during and beyond COVID-19	Page 13
COVID-19 Traumatic Incident Debriefs	Page 15
Resources for support and advice	Page 15

Protecting ourselves and the people around us

Let's do our part to protect people around us

Wash your hands regularly, for 20 seconds with soap and hot water (or use hand sanitiser if you can't wash them). Build this into your routine for when you get home, into work, blow your nose, sneeze or cough, or handle food.

You can get up-to-date information and advice on the virus from <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

The Employee Health and Wellbeing Service's intranet page also contains regular updates and guidance regarding the virus <https://intranet.mft.nhs.uk/content/corporate-services/employee-health-and-wellbeing>.

Social distancing

We should all be taking measures to reduce social distancing in our daily lives in order to reduce the transmission of coronavirus (COVID-19). This includes every member of staff when we are at work. It is our personal responsibility to encourage colleagues, where practical, to follow the social distancing guidance. Guidance on social distancing can be found on the governments website: <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

We are all in this together: remember to look after yourself too

At times of stress, we work better in company and with support from others. Try to keep in touch with your friends and family, and to be aware of any increasing habits that may not be helpful to you in the long term, like smoking and drinking alcohol.

You can contact the **Employee Assistance Programme** 24 hours a day, 7 days a week, for emotional, physical and practical support on **0800 0282 047**.

You may feel vulnerable or overwhelmed, especially if you have experienced trauma, or have physical or mental health conditions, and it is important to acknowledge these feelings. It is also important to look out for others who may feel this way, for example by checking in with people who you know live alone. Remember to treat everyone with empathy and compassion at this stressful time in line with the Trust's values and behaviours.

There are many mutual support groups that have started up to support those in self-isolation and vulnerable people in our communities: <https://covidmutualaid.org/resources/>

How should people deal with being in self-isolation or in quarantine?

Self-isolation or quarantine can seem like a daunting prospect. It is a different period of time in your life, and not necessarily a bad one, even if you did not choose it. A temporarily different rhythm to life can give you a chance to create a positive daily routine that prioritises looking after yourself. You could try reading more, developing an exercise routine, trying new relaxation techniques, or developing new skills. Try to rest, and view this as a new experience that might have some benefits.

Stay in touch with your line manager at this time. If you are feeling well it may be a good idea to discuss other ways of supporting your team/department, while self-isolating for example remote work, or updating your mandatory training. Your line manager will discuss with you the best options in terms of keeping you connected with work and your team at this time, if appropriate.

Caring for children

Maintain familiar daily life routines as much as possible. Encourage children to play while maintaining the government advice regarding social contact. During times of stress children may seek more reassurance, display increased attachment anxiety or be more demanding. Addressing their concerns together can ease their anxiety.

Healthcare workers

It is a normal reaction for people to feel stressed and anxious during times that are unpredictable, demanding and uncertain. Admitting you are feeling the stress is not a sign of weakness. It is important to seek help at these times.

Self-care can be summarised as ABC

A Awareness of your own responses and how this might be varying from your usual response.

B Balance, try to get some time away from high pressure roles and time completely away from your usual role.

C Connection, social connectedness can be our best buffer against stress. Take opportunities to connect with colleagues, your social networks and your organisational support.

Managing anxiety and psychological distress about COVID-19

What's a 'normal' response to an 'abnormal' event

We are in the midst of one of the most significant global challenges we have faced for many years. Around the world, medical and healthcare staffs are working tirelessly to support the population during the outbreak of COVID-19. There have been a lot of changes to our 'normal-lives' and routines, as well as an almost constant stream of news reports.

The impact of these changes both at work and at home, would cause anyone to feel threatened, anxious, or preoccupied. As well as this it's normal to feel overwhelmed with worries about getting the virus, having the virus, and fear for yourself and your loved ones. The physical response to this may include feelings of anxiety or even panic; such as a racing heart, shallow breathing, fatigue from continued 'high alertness', or concentration and sleep difficulties.

Anxiety is a normal, fear based, 'fight, flight, freeze' response to a threat, and is designed to keep us safe. However, this consistent exposure to a threatening situation, as well as uncertainty about the future, may cause severe anxiety, especially if you have experienced high levels of anxiety in the past. For example, if you often worry about your physical health, you may pay increasing amounts of attention to physical sensations in your body (also known as hypervigilance). This hypervigilance can lead to misinterpretation of symptoms, and cause increased feelings of anxiety and fear of illness.

Tips to cope with distressing feelings of anxiety and uncertainty

Limit your news intake: It is good to keep up to date, however try to watch a programme that summarises the day's news and is from a reputable source. Also, focus on the good news too.

Advice from general media sources: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Stay away from Google: If you have concerns related to your current health status talk directly to your medical team.

Tips to cope with distressing feelings of anxiety and uncertainty

Limit time online: Have a break from Social Media news updates but stay connected with friends.

Manage worry: Constant worry about whether you are contaminated will increase your hypervigilance and the misinterpretation of bodily sensations, increasing feelings of anxiety. The main COVID-19 symptoms include a high temperature of more than 37.8 degrees centigrade, or a continual cough.

It may be helpful to section out specific 'worry time' in your day, rather than constantly worrying, for example from 7pm-8pm.

Balanced perspective: List the things you can and cannot control about COVID-19 in two columns. Keep this with you to remind yourself to focus your efforts/thoughts on what you can actually do to control this threat, for example: self-care, protective and preventative measures such as handwashing, exercise, staying healthy.

Daily routines: Maintain or establish a daily routine including regular exercise, getting outside while maintaining government advice on social distancing, healthy sleeping and eating routines. A strong morning routine and end of work routine can help transition between the two.

Anxiety management tools: This is an uncertain and difficult time, and we are all in it together. Anxiety management techniques are useful when you are feeling overwhelmed or anxious by reducing the physical symptoms and encouraging clear and logical thinking. Breathing and relaxation exercises may help as they bring activation levels down and can help strengthen the parasympathetic nervous system to make the intensity of emotional responses less acute. As such, doing breathing exercises for 5-10 minutes a day away from work can be helpful.

Exercise: Breath Focus for Relaxation

Focus on repeating the breathing with your diaphragm, not your chest

- 1. Sit in a comfortable position with relaxed shoulders & elbows back**
- 2. Breathe in through your nose for the count of 4**
- 3. Breath out through pursed lips for the count of 6**

Grounding Exercise: Mindfulness

If you feel anxious or overwhelmed, repeat as many times as necessary

- 5 things you can see**
- 4 things you can hear**
- 3 things you can feel**
- 2 things you can smell**
- 1 deep breath**

Exercise: How to address Negative Thoughts

Step back from the situation and ask yourself these questions to help you defuse or distance yourself from your thoughts:

- What am I reacting to?
- What's pushing my buttons here?
- What does this situation mean to me or say about me?
- Is it fact or opinion?
- Have I experienced this or something similar before? What did I do?
- Am I agonising about how things should be instead of dealing with things as they are?
- Am I focusing on my weaknesses and not on my strengths?
- What would be a more helpful way of looking at things?
- What can I learn from this?

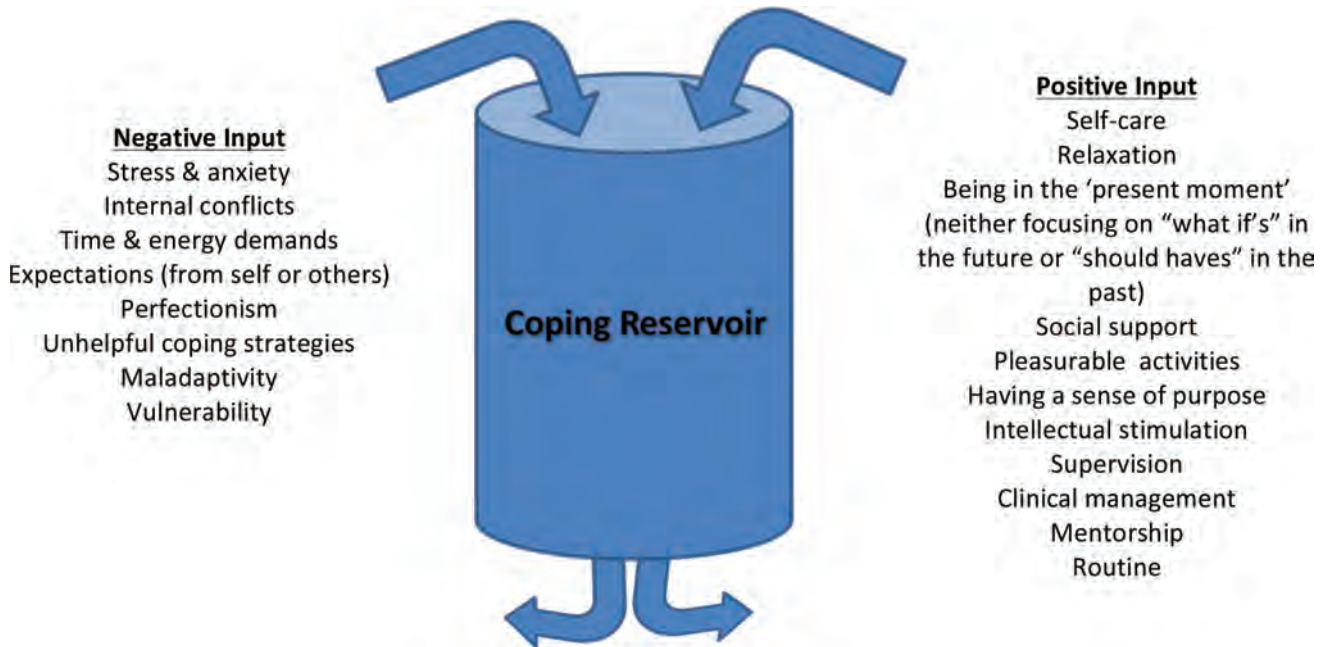


Maintaining emotional resilience

Engage in activities

- **Get creative:** Start some projects or try creative expression such as painting, collage, or drawing
- **Learn:** Learn a new skill, a new language or new facts. It may be helpful to watch tutorial videos
- **Mend:** Complete tasks in your home, upcycling furniture, painting walls, or making something
- **Cook:** Baking, typing new recipes
- **Write:** Start writing a book, a letter to someone you care about or write about how you are feeling
- **Plan:** Set goals, make a to-do list or create a budget
- **Kindness:** make a gift for someone, help a friend or plan a surprise for someone

Resilience is viewed as the maintenance or recovery of our wellbeing, during and after significant or ongoing stressors. The COVID-19 outbreak will likely be testing the resilience of many people. Be aware of the factors that test your resilience (negative inputs), and consider – *am I engaging in sufficient self-care strategies (Positive inputs) to manage my resilience? What more could I be doing?*



Tips for 'positive input' into emotional resilience

- **Diet:** cutting down on sugar, stimulants and alcohol intake. Try herbal tea such as chamomile, green tea or lemon balm.
- **Opening Up:** build trust with colleagues, and allow them to get to know you. Maintain regular, positive social support.
- **Professional Help** – for example Employee Assistance Programme (EAP), or the Employee Health and Wellbeing Service.
- **Learned Optimism:** Try viewing stressful situations as a challenge rather than a threat, and appreciate that there is often more than one way to view the same situation and that one way may be more helpful than another. Identify negative thoughts and distract or challenge them with evidence.
- **Exercise** – Increasing aerobic exercise and flexibility helps prevent stress. YouTube may be a good place to find a range of classes.
- **Relaxation training:** Prayer, mindfulness, stretching and meditation can help improve our emotional responses and general wellbeing. Try aromatherapy: lavender scents are particularly calming.
- **Visualisation:** picture a soothing scene and mentally escape there just for a few moments.

Recognising and managing stress

- **Surround yourself with positive images:** Make your desk or staff room your own calm and happy getaway.
- **Stop being your own worst critic:** Write down what you have achieved that day and read it back, or start a thought diary.
- **Me Time:** Create some self-care 'Me' time with pleasurable activities.
- **Avoid negative colleagues:** Nothing can ruin a positive attitude like individuals who bring out the negatives in everything. If possible, try to limit unnecessary interaction with those you know will only make you feel worse.
- **Know your triggers:** Monitor what you are finding stressful and try out different ways to cope.
- **Effective leadership:** e.g. consider how to best utilise staff and the type of tasks allocated.

Healthcare workers may encounter a number of extreme stressors and demands during the COVID-19 virus outbreak, which can significantly impact on your work safety, performance, and health and wellbeing of you, colleagues and patients. These may include:

- **Lack of sleep**
- **Tiredness/fatigue**
- **Repetition over a long period of time**
- **Hunger**
- **Dehydration**
- **Protective equipment burden**
- **Threat and danger of contracting the virus**

An optimum level of stress can heighten performance, however stress can become a problem if we are experiencing prolonged and repeated exposure to it. This can lead to feeling overwhelmed and deterioration in performance, and health and wellbeing.

Tips for managing stress

- **Develop a good sleep routine**
- **Limit the use of mobile devices and avoiding social media before bed**
- **Keep napping to under 20 minutes**
- **Limit caffeine**
- **Utilise checklists and protocols**
- **If possible, have lunch/break as a team (whilst practicing social distancing)**
- **Focus on what is within your control**
- **Avoid speculating on outcomes**
- **Practice effective leadership**
- **Reflect on stress-management strategies you have used in the past**
- **Allow yourself time to rest and re-charge**

Mindfulness

Mindfulness is a way of paying attention to the present moment and how we relate to experiences, using the skills of meditation, breathing and stretching. It allows us to respond to our thoughts and emotions differently which then helps to be aware of those times when we want to push our emotions away or feel overwhelmed by them.

Mindfulness can be used for relieving symptoms of psychological distress. It has positive effects in response to stress, anxiety, addictive behaviours, and physical problems like hypertension, heart disease and chronic pain. It can give you more insight into emotions, boost attention and concentration and improve relationships.

You can practice the following mindfulness exercises in just one minute, anywhere and at any time that suits you.

One-minute mindfulness

Breathing

Practice being present with yourself, and whatever arises in your mind and body as you observe your breathing: notice the time between each inhalation and exhalation; notice your lungs expanding. When your mind wanders, gently bring your attention back to your breath. Focus on counting the length of your inhale and exhale.

Body scan

Bring awareness to your body and your body's sensations. Close your eyes and begin scanning your body. Start with your feet and then slowly bring your awareness upwards in your body until you reach your hands. What sensations do you feel? Heaviness in the legs? Strain in the back? Perhaps no sensations at all. Now move your focus out from the hands and become aware of your environment and the space all around you.

Mindful walking

Walk slowly; become aware of the sensations in the soles of your feet, the muscles of the legs, and movement of the body. When your mind wanders, use the contact of the feet on the floor as an anchor to come back to the present moment.

Caring For You: Daily Wellbeing Sessions

During COVID-19, the Employee Health and Wellbeing Service Psychological Wellbeing Team will be facilitating daily Wellbeing Sessions for all staff who wish to join. These will be provided remotely, and any staff member can dial in to as many sessions as they wish.

Each session aims to offer a space for staff to share thoughts and feelings (if they wish), access peer support, and access information and education about self-care. The sessions will also offer signposting information to further resources to help you to care of your psychological health wellbeing at this time.

To access any of the sessions, simply following these steps:

1. Dial **0333 0063 488** at the time of the scheduled session
2. Wait a few seconds while you are connected to the system
3. You will hear 'Welcome to the Conference Service'
4. When asked, enter the Access Code **1385415** followed by the # key
5. You will be asked to say your name followed by the # key
6. You will then be connected to the Conference Call
7. If you arrive before the Host has opened the Conference Call the system will ask you to stay on the line while waiting for the Host to be connected

Caring For You: Daily Wellbeing Sessions are available to all staff. Information about these sessions, including dates and times, will be available on the EHW intranet page.

Caring for each other as a team during COVID-19

Daily Wellbeing Circles

Looking after our wellbeing and the wellbeing of our colleagues is crucial at this time. Daily 'Wellbeing Circles' are a recommended structure to provide brief and effective support in teams, particularly those working on the frontline and those in areas of high pressure by utilising a Wellbeing Circle at the start and end of each day/shift. A Wellbeing Circle can be led by any member of the team, and is aimed at improving communication, promoting peer support and enabling an opportunity to share experiences. **Please maintain the government advice regarding social distancing and interaction.**

At the start of the day

Bring the team together for 5-10 minutes. During the Wellbeing Circle discuss the following:

- Communicate any information and updates (obtained from team manager, if person leading the circle is not a leader/manager)
- Appreciate the team's efforts
- Encourage the basics: breaks, food, water
- Encourage staff to speak out if they are struggling
- Promote peer support

At the end of the day

Bringing staff together in a confidential space at the end of the day enables them the opportunity to share thoughts and feelings, promotes a sense of feeling valued, and ensures they are safe and well to leave work. Lasting no more than 20 minutes, a Wellbeing Circle is designed to help the team 'take stock' of their experiences of the day. Staff members should attend voluntarily and should not feel forced to talk but it should be seen as providing an opportunity to vent thoughts and feelings, and provide some simple information including normalising feelings, and how to access further support should they need (e.g. Employee Assistance Programme details, Mental Health First Aid). Further guidance and support for staff delivering daily wellbeing circles is available from the Employee Health and Wellbeing Team. See the Employee Health and Wellbeing intranet site for details.

There are 3 recommended phases to the Wellbeing Circle at the end of the day, which are outlined below:

Phase 1: Introduction

Settle the group, and explain the purpose of the huddle (including length of time; no more than 20 mins).

Motivate the team *'It's important you're here...'* *'I'm really glad you're here...'*

Explain that anything discussed here is confidential and voluntary.

Describe the aim of the Wellbeing Circle as an informal check on the team before they go home.

Phase 2: Exploration

Ask the group for a brief description of how the shift/day has been

Ask clarifying questions if needed, to piece the day together e.g.

'Can someone give me an overview of how the shift has been?'

'What went well?' 'What has been most challenging?'

What has helped to cope?'

Allow emotions to be expressed, but do not explore or delve further into emotions.

Assess the group for any individuals who may look as though they might be particularly struggling, including quiet ones in the group.

Phase 3: Information

Acknowledge and empathise with the overview and individual accounts of the day/shift provided by the group, e.g.

"It sounds like a really difficult day..."

Normalise reactions shared and expressed by the group.

Emphasise self-care (e.g. maintaining balanced diet, reducing use of alcohol/caffeine, maintaining good sleep routines; signpost to online support via www.healthassuredeap.co.uk (username MFT; password MFT) for information and resources about these topics).

Explain that further support is available from the Employee Assistance Programme (EAP), and from the Trust's Mental Health First Aiders. Ensure EAP leaflets are available, and remind staff that details of all Mental Health First Aiders can be found on the EHW intranet page.

Encourage the team to look out for their colleagues in the coming days and weeks.

Over the coming days, check-in on any individual who may have appeared to be particularly struggling; signpost them to the Employee Assistance Programme, or a Mental Health First Aider. Encourage them to speak with their line manager (if this isn't you).

Going home checklist (before you leave work)

Healthcare staff are brilliant at continuing to take care of others every day, especially during these unusual times. However, it is also important to remember to take time to look out for your own wellbeing and health after what can be a very stressful and long day. Going home doesn't mean it is always easy to switch off from the day's events. This is a simple checklist to help manage the transition from work to home life.

- *Take a moment to think about today.*
- *Acknowledge what has been difficult during your shift. Make a decision to let it go.*
- *Consider **three** things that went well.*
- *Be proud of the care you gave today.*
- *How are you? It's ok to ask for help.*
- *Take a moment to check on your colleagues. Are they OK?*
- *Choose an action that signifies the end of the working day. Shutting the locker door or getting to the bike rack.*
- *Switch your attention to home. How are you going to rest and recharge?*



Managers guidance on sustaining the wellbeing of frontline staff during and beyond COVID-19

This guidance explains the possible issues and associated impact that may arise at various stages of the COVID-19 outbreak. It also provides information about how to approach these issues, to support and sustain the wellbeing of your team.

Phases	Issues and possible impact	Recommended approach
<p>Pre-phase:</p> <p>No cases of COVID-19 on the ward/unit</p>	<p>Anticipatory anxiety about what's to come</p> <p>Feeling overwhelmed, difficulty concentrating/ thinking clearly</p> <p>Tension building in working relationships</p> <p>Communication errors</p> <p>"Readiness" burnout</p>	<p>Increase a sense of control: the team are in a safe pair of hands</p> <p>Reassure staff</p> <p>Regularly communicate updates to the team</p> <p>Encourage the team to check in with and support their colleagues</p> <p>Share EHW's advice on <i>Looking After Physical and Mental Health During the Coronavirus Outbreak</i> (available on the EHW intranet page)</p> <p>Bring the team together at the start and end of the day/shift to check on staff wellbeing (use EHW's 'Wellbeing Circles' guidance)</p> <p>Provide support to managers who are making plans and holding the stresses. The Employee Assistance Programme provides managerial support, and can be accessed by phoning 0800 0282 047</p> <p>Remind staff that they can access 24/7 emotional support from the Employee Assistance Programme, by phoning 0800 0282 047. Alternatively staff can access an MFT Mental Health First Aider, and can find details of all first aiders on the EHW intranet page</p>

Initial phase: A case of COVID-19 is present on the ward/unit	Further anticipatory anxiety Frustration	Clear, visible and available management Ensure the basics: breaks, facilities, sleep, days off
Core phase: Full scale, multiple cases	Biggest risk period Fear of infection, and possible implication for families Overwhelming workload Adrenalin and 'automatic pilot' mode Exhaustion Distress linked to personal or family experience of COVID-19 Experience of fear or stigma when out in public	Regular communication Promote peer support It's OK to say you're not OK: senior staff to model this Rotate workers from high stress to lower stress functions Partner inexperienced workers with their more experienced colleagues Continue to promote and signpost staff to the Employee Assistance Programme and/or Mental Health First Aid Manage visitors Request <i>COVID-19 Traumatic Incident Debriefing</i> from the Employee Health and Wellbeing Service should staff show signs of intense psychological distress in relation to specific incidents (e.g. traumatic death of patient) Continue to bring the team together at the start and end of the day/shift to check on staff wellbeing (use EHW's ' <i>Wellbeing Circles</i> ' guidance) Signpost staff to EHW's remote access wellbeing sessions ' <i>Caring for you while you care for others</i> '
End phase: Immediate aftermath	Exhaustion and post trauma recovery/stress	<i>COVID-19 Traumatic Incident Debriefing</i> (provided by EHW) Signpost/refer individual staff to the Employee Assistance Programme (and/or the Employee Health and Wellbeing Service) if an individual staff member requires specific support relating to trauma/Post Traumatic Stress Organise thanks and reward to the team Continue to promote and signpost to Mental Health First Aid and the Employee Assistance Programme
Long term	Possible ongoing Post Traumatic Stress Reflection and learning	Continue to monitor the wellbeing of your team, look out for signs of ongoing difficulty, including possible Post Traumatic Stress symptoms such as: <ul style="list-style-type: none"> • Being on edge, hyperarousal, and poor sleep • Flashbacks or re-experiencing • Avoidance of reminders

COVID-19 Traumatic Incident Debriefs

Unfortunately we know that during the COVID-19 crisis, healthcare staff are potentially at risk from the negative effects of exposure to traumatic incidents. This could be in the form of directly experiencing a particularly distressing situation, or through 'secondary trauma,' where an individual is experiencing or listening to the distress of another. This could include any situation, both clinical or non-clinical. We also know that the high-profile nature of the outcomes of clinical decisions means individuals are likely to be exposed to news and other commentary about the implications to the wider community that their decision-making is having, and that this can have a distressing impact on an individual.

The Employee Health and Wellbeing Service have enhanced access to critical incident debriefing service at this time, and to access a COVID-19 Traumatic Incident Debrief, you can simply **phone 0161 276 4289** or **0161 291 4209** to speak to a member of the Psychological Wellbeing Team, who will facilitate support for a team or an individual.

Due to social distancing rules, debriefs are being provided remotely, either by teleconferencing, or video calls, and we will work with you to establish how best to set this up for an individual or team.

Resources for support and advice

There is a range of support available to you during this time; pick up the phone, download an app, or log onto a website. Ensure you are taking care of your wellbeing during this challenging time.

Employee Assistance Programme (MFT Staff) Tel: 0800 028 2047.
Provides 24/7 telephone support and advice line for mental health, physical health, legal and financial matters.
The EAP can also be accessed via the website:
www.healthassuredeap.co.uk
(Username: MFT, Password: MFT)

A range of online Cognitive Behavioural Therapy courses available through the Employee Assistance Programme, such as:

'Space from Anxiety' programmes:

- Space from Generalised Anxiety Disorder
- Space from Health Anxiety
- Space from Social Anxiety
- Space from OCD
- Space for Phobia
- Space for Panic
- Space from Depression & Anxiety
- Space from Stress
- Space from Depression

There are also a number of wellbeing programmes available:

- Space for Sleep
- Space for Resilience
- Space from Money Worries
- Space for Positive Body Image
- Space for Mindfulness



Health Assured e-Hub (App): Provides information and support including videos, life support, work life assistance, emotional health, physical health, online CBT, medical guidance and financial advice (Free to MFT staff- Username: MFT Password: MFT)



Mental Health First Aid: This confidential support includes advice, information and signposting to appropriate services from trained MFT staff members.

Find all MHFA contact details on the EHW intranet page:

<https://intranet.mft.nhs.uk/content/corporate-services/employee-health-and-wellbeing/psychological-support-services>

Employee Health and Wellbeing Service:

EHW's intranet page contains regular updates about maintaining wellbeing during COVID-19, as well as further guides, blogs, and signposting information :

<https://intranet.mft.nhs.uk/content/corporate-services/employee-health-and-wellbeing>



The Relational School: This is a group of counsellors and psychotherapists who have joined forces to offer free of charge psychological support to doctors, nurses, all other NHS staff who are engaged in the front line whilst facing the challenging realities of the COVID-19 crisis. This includes staff in isolation who might want to access support: <https://relationalschool.wordpress.com/we-see-you-we-hear-you-nhs-staff/>

Free wellbeing apps for NHS staff:

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.

Free access to all NHS staff with an NHS email address is available until 31 December 2020 and is active now:

Go to <https://www.headspace.com/nhs> for NHS staff to access, with the option to select clinical or non-clinical staff to start enrolling. You will need to use your NHS email address to sign up.

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, fulfillment and nutrition.

The team at Unmind are offering free access to NHS staff until the end of December 2020, which is active now:

Go to nhs.unmind.com/signup

Sign up with your NHS email address

Download the Unmind app from your appstore - your organisation name is NHS

Sleepio and Daylight (developed by Big Health): Sleepio is a clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

Free access to **Sleepio** for all NHS staff is active now until 31 December 2020:

Click on the following link on your laptop or desktop computer: sleepio.com/access

Sign up for an account using your name and email address.

Click 'Personalise Sleepio'. Get started.

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.

Free access to Daylight is active now until 31 December 2020:

Click on the following link: trydaylight.com/access

Answer a few short questions to tailor the programme to you.

Sign up for an account using your name and email address.

Download the Daylight smartphone app (search 'Daylight - Worry Less' on both iPhone and Android).

Get started.

For technical support please contact:

hello@sleepio.com

hello@trydaylight.com

Other useful websites:

Mind UK (www.mind.org.uk) Mind provides advice and support to empower anyone experiencing a mental health problem.

The Samaritans (www.samaritans.org.uk) Tel: 116 123.

Support & information for any individuals who require it.

Mental Health UK (www.mentalhealth.org.uk) Information on awareness, prevention and getting involved.

Living Life to the Full (<https://lltff.com>): Free online CBT courses covering low mood, stress and resilience. They include developing emotional awareness, how to tackle problems, and building confidence.

NHS 111 (111.nhs.uk) This is available 24 hours a day, 7 days a week for people aged 5 and over only. It can help if you have an urgent medical problem and you're not sure what to do. Tel: 111.

Diabetes Forum (App) This is designed to support individuals with type 1 or type 2 diabetes, and their loved ones. Find support, ask questions and share your experiences with people who range from diabetes experts to those who are newly diagnosed.

Daily Workouts – Exercise Fitness app (App) This app is designed to be your own personal trainer. It provides quick and effective workouts ranging from 5 to 30 minutes, developed by a certified personal trainer.

Change4Life Smart Recipes (App) This recipe app provides over 160 healthy, low cost, calorie-counted recipes alongside easy to follow instructions. It also provides information and advice about health meal choices.

Mind Shift (App) is a mental health app designed specifically for teens and young adults with anxiety.

Happify (App) A psychologist-approved mood-training program, involving various engaging games, activity suggestions, gratitude prompts and more.

Smiling Mind (App) Provides daily meditation and mindfulness exercises developed by psychologists and educators to help enhance your wellbeing.

Please be aware that the signposting material listed is for your information only. It is not intended to be a recommendation.

The information provided is not a substitute for intervention from a healthcare professional.

#TeamMFT

Caring for you, as you care for others

