

Health and well-being resources and support services

Each of your Trusts has a staff support page on the intranet which should give you access to a range of additional resources provided in house including your FTSU guardian, employee assistance programme (EAP which provides free counselling) and, pathways to local mental health services with info on when and how to access them.

Please do look these up.

They are changing all the time and many places are expanding their well-being offers – e.g. leadership support circles, staff support circles. Remember our chaplaincy teams are also here to support you.

Please take any signs and symptoms that you are struggling seriously. Seeking help early can make a real difference. I attach the Kings pathways which provides a steer on who to go to and when- but they parallel the same advice for other Trusts. See your GP, occupational health or get in touch with the helplines on this website: <https://people.nhs.uk/>

Each London area is getting a **health and care worker well-being hub**. This will include resources and access to phone and other 1:1 support. The portal for SEL is not yet developed/ up but should be soon. As soon as it is - I'll let you know.

New mindfulness platform (free) for KHP staff with daily mindfulness sessions

<https://learninghub.kingshealthpartners.org/product?catalog=khp1147c>

Webpage with a large amount of offers and links in one place

<https://www.kingshealthpartners.org/our-work/mind-and-body/staff-health-and-wellbeing>

Self-management resources and group support options

<https://www.good-thinking.uk/health-and-care-professionals/>

Digital support and self-management including workbooks and modules to help sleep, anxiety, depression, panic, self-compassion. Podcasts and other resources on dealing with trauma and, looking after your colleagues.

Resources for self-management and, supporting your team

<https://people.nhs.uk/>

You do need to register an email but it provides access to

- Self management apps (sleep/ meditation/ general mental and physical well-being)
- Free confidential psychologists and counselling - you do NOT need to be ill to use them
- Guides on looking after you/ colleagues

- A huge range of other links to support options from bereavement to alcohol use.
- Virtual common rooms and other group supports/ training

Online webinars

<https://www.practitionerhealth.nhs.uk/webinars-and-podcast>

A range of good information and self-management resources (webinars, apps, resources, access to group support)

<https://www.practitionerhealth.nhs.uk/covid-19-workforce-wellbeing>

Additional resources created for BAME staff – please let me know if you know of better resources!

<https://keepingwell.crisp.help/en/article/bame-wellbeing-webinar-zvgf79/>

<https://people.nhs.uk/help/support-apps/liberate-meditation/> Liberate app (Free until march 31st)

Conversations, counselling and therapy

FRONTLINE:

<https://www.frontline19.com/#about>

Free and confidential psychological support run by volunteer trained therapists for frontline workers.

How it works: Fill out the simple, confidential form. Once we get some basic information from you, we can match you with an experienced therapist who has offered their professional skills for free.

- We will match you with a fully qualified professional and pass them your details.
- They will contact you within 48 hours (often a lot sooner) by your preferred method.
- You will be able to communicate with them about how and when sessions take place.
- Sessions can be anything from a 20 minute debrief to ongoing weekly support.

2. IAPT – Local CBT and counselling and, treatment for trauma symptoms

You can find contact details for your local services at,

www.nhs.uk/service-search/find-a-psychological-therapies-service

Southwark IAPT. You can self-refer, or a professional can refer you by phone (expect an answer machine and call back)

Tel: 020 3228 2194 Email: slm-tr.SPTS@nhs.net

Lambeth. Self-referral or professional referral by phone or referral form. Tel: 07971 717534

<https://gateway.mayden.co.uk/referral-v2/a98fce9c-9ec0-4e3e-b5d4-e390ffa04b17>

<https://slam-iapt.nhs.uk/lambeth/how-to-make-an-appointment>

Lewisham. Self-referral, GP/professional referral

Tel: 020 3228 1350 Email: slm-tr.IAPTLewisham@nhs.net

<https://gateway.mayden.co.uk/referral-v2/ec44a5ce-1e46-465a-ad50-e9943d78d02d>

Croydon. Self-referral or GP/professional referral Tel: 020 3228 4040

<https://gateway.mayden.co.uk/referral-v2/80a568ab-6ae0-4803-b9c6-0c849e6c4d7d>

Bromley. Self-referral or GP/professional referral Tel: 0300 003 3000

www.talktogetherbromley.co.uk/#popmake-336

The Listening Place

<https://listeningplace.org.uk/i-need-help/>

1:1 confidential support if you are starting to have thoughts that life is not worth living. This is a wonderful organisation and have provided a lot of support to local staff in recent months.

Relate

<https://www.relate.org.uk/relationship-help/talk-someone>

For relationships and family related problems

Cruse

<https://www.cruse.org.uk/>

For bereavement support