



Dear Colleague

Welcome to your weekly edition of the LLR System Health and Wellbeing communication to make you aware of the latest support and resources available in supporting your Health and Wellbeing.

We understand staff aren't always able to access emails, and ask you to please support your teams and colleagues by printing the information as you receive it, to either read out during team huddles or to include on team notice boards.

## LLR System Health and Well-being support available

We have dedicated this week's communication to provide a 'one stop shop' reminder of the health and wellbeing support and resources available to you, as well as information about domestic abuse support for health professionals, all easily accessible in one handy communication.

### Ways to access support during the COVID-19 pandemic



**NHS**

#supportourNHSpeople

### Ways to access support during COVID-19

**HELP NOW**  
Text **'FRONTLINE'** to 85258 to start a conversation  
**Listening Line** - For all NHS Staff – call 0300 131 7000 - 7am -11pm  
**Bereavement and loss support** call 0300 3034434 - 7am-11pm

**ONLINE**  
A range of materials to support you and your teams perform under this pressure. [www.people.nhs.uk](http://www.people.nhs.uk)

**WEBINARS**  
<http://horizonsnhs.com/caring4nhspeople>  
Access to the latest information and support  
<https://www.practitionerhealth.nhs.uk>

**APPS** Free access to psychological support – use your nhs.net email address to download.  
**Unmind | Headspace | Sleepio | Daylight**

**SELF GUIDED MENTAL HEALTH SUPPORT**

 **Silvercloud:** <https://nhs.silvercloud-health.com/signup>  
use the code **NHS2020**

**SCAN ME**

**COMMON ROOMS**

 Meet other professionals in a safe and guided space. Get support and share your experiences. <https://www.practitionerhealth.nhs.uk/upcoming-events>

**SCAN ME**

## Staff Support Line

The staff support line is operated by the Samaritans and **free to access from 7:00am – 11:00pm, on 0300 131 7000, seven days a week**. This is a confidential support line 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. Alternatively you can **text FRONTLINE to 85258** for support 24/7 via text.



## Virtual Common rooms

The staff common room is an opportunity to come together virtually and support each other during this difficult time. The staff common rooms are a safe and supportive environment through which colleagues can continue to stay mentally well. You can find out more at <https://people.nhs.uk/help/>



## Bereavement support line:

This is a confidential bereavement support line, operated by Hospice UK and **free to access from 8am-8pm, seven days a week** by dialling **0300 303 4434**

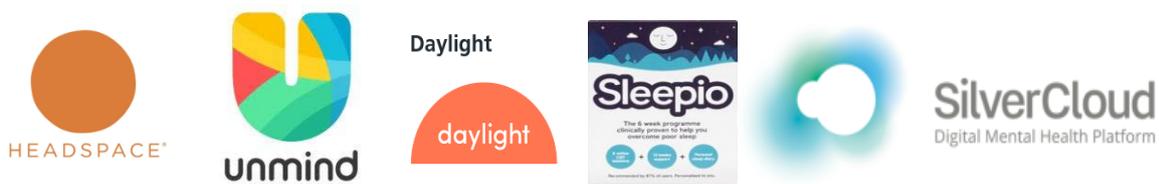
A team of fully qualified and trained bereavement specialists are available to support you with bereavement and wellbeing issues relating to loss experienced through your work.



## Wellbeing Apps

There are a number of Wellbeing apps which you can access free of charge at <https://people.nhs.uk/help/>

- **Headspace** – Mindfulness and meditation to support stress, anxiety and sleep through a range of tools and resources.
- **Unmind** – A mental health platform that empowers staff to proactively improve their mental health.
- **Daylight** – Provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.
- **Sleepio** – Sleep improvement programme that is highly personalised, using cognitive behavioural techniques to help improve poor sleep.
- **SilverCloud** - offers online programmes to help ease your levels of stress and maintain a healthy mind during this challenging time; sleep, stress, resilience.



## Supporting Our People – Guides

Don't forget there are a number of existing and **NEW** guides and resources which have been developed to help support and improve your experience at work during and beyond the COVID-19 crisis, these can be accessed at <https://people.nhs.uk/>



## 5 Minute Me Space

Find 5 minutes to ask yourself 'questions that matter' to help develop a quiet mind and practice kindness and compassion towards yourself. Further advice can be accessed at <https://people.nhs.uk/compassion-spaces/5-min-me-space/>



## Every Mind Matters

'Now more than ever, Every Mind Matters'.

Supported by the Duke and Duchess of Cambridge, the Every Mind Matters campaign and website provides tips and practical advice to help you stay on top of your mental and physical wellbeing, and advice on how to get urgent support, including how you can help someone else, all easily accessible at [www.everymindmatters.co.uk](http://www.everymindmatters.co.uk)



## Support for leaders through COVID-19

This support is based on 10 key evidenced-based leadership behaviours and provides support for leading through COVID-19 and beyond, all of the information can be accessed at <https://people.nhs.uk/support-for-leaders/>

The graphic features a row of colorful stick figures holding hands, with the text '#OurNHSpeople #Caring4OurNHSpeople' and the NHS logo. Below this is the title 'Leading Compassionately through COVID-19'. The main content is a blue-bordered box titled 'Leadership Support Circles' with a dashed circle icon. It describes a series of short, themed online sessions based on 10 principles for leading compassionately during Covid19. A space for people managers at all levels to come together, share their experiences and be heard. Circles are multi-disciplinary, interactive and provide evidence-based guidance and tools. It includes the email 'enland.covid19managerssupport@nhs.net' and a 'Wellbeing support' logo.

#OurNHSpeople  
#Caring4OurNHSpeople

**NHS**

**Leading Compassionately through COVID-19**

**Support for leaders through COVID-19**  
10 Evidenced-based behaviours

To lead your team compassionately and inclusively during these extraordinary times, what are some of the most important things you can do?

10 evidenced-based behaviours for leading through COVID-19  
Online resources, including 3 minute guides based on 10 key leadership behaviours at <https://people.nhs.uk/support-for-leaders>

Coaching and mentoring for Line Managers (10+ hrs)  
- 2 solutions-focused 1-hour coaching sessions for leaders at all levels  
- Matching with Military Mentor from Centre For Army Leadership, Sandhurst  
- Crisis Coaching for Senior Leaders "limited places"

Email: [enland.covid19managerssupport@nhs.net](mailto:enland.covid19managerssupport@nhs.net)

**Leadership Support Circles**

A series of short, themed online sessions based on 10 principles for leading compassionately during Covid19  
A space for people managers at all levels to come together, share their experiences and be heard.  
Circles are multi-disciplinary, interactive and provide evidence-based guidance and tools

Wellbeing support

Email: [enland.covid19managerssupport@nhs.net](mailto:enland.covid19managerssupport@nhs.net)

## 5 Steps to Mental Well-being

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing to help you feel more positive and able to get the most out of life. Further information can be accessed at <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>



## Domestic abuse: Resource for health professionals

The Department of health website offers a resource package that looks at how health professionals can support adults and young people over 16, and dependent children, who are experiencing domestic abuse. The document outlines information to help all NHS staff and allied healthcare partners in their response to victims of domestic violence and abuse. It will help health staff to:

- identify potential victims
- initiate sensitive routine enquiry
- respond effectively to disclosures of abuse

Further information can be accessed at <https://www.gov.uk/government/publications/domestic-abuse-a-resource-for-health-professionals>

## Resources for mental health professionals

AVA has provided guidance for mental health professionals to help identify and respond to domestic abuse in the context of COVID-19, when survivors may be facing increased risk of abuse and additional challenges accessing support. Further information can be accessed at <https://avaproject.org.uk/wp-content/uploads/2020/04/FINAL-AVA-Briefing-for-MH-professionals-1.pdf>



## Sexual Assault Referral Centers (SARCs)

SARCs remain open and accessible during COVID-19 to offer non-judgmental advice and support. Victims and survivors will be triaged on contact with the SARC, to ensure safe management during this difficult time. If a patient presents with signs of sexual assault it is important that the SARC is informed urgently to help safeguard and care for individuals in these very difficult circumstances. A directory of local services is available at <https://www.nhs.uk/service-search/other-services/Rape-and-sexual-assault-referral-centres/LocationSearch/364>

If you have any questions please email [England.Safeguarding@nhs.net](mailto:England.Safeguarding@nhs.net)

**A quote from Desmond Tutu** “Hope is being able to see that there is light despite all of the darkness”

Please get in touch with comments or feedback via email to the LLR System Health and Wellbeing Team at: [LLRAcademy@uhl-tr.nhs.uk](mailto:LLRAcademy@uhl-tr.nhs.uk)

**Thank you**