



Caring for those who care COVID19 - Information and resources for Allied Health Professionals V2

17th April 2020



Dear AHPs
The COVID-19 Pandemic is the biggest challenge faced in the history of the NHS. It is therefore, on a personal level, the biggest challenge each of us have had to face in our careers to date. Whilst we can draw on past experiences, we are all working with a significant amount of uncertainty and need to keep moving forwards in spite of this.

I continue to be impressed by the adaptability shown by AHPs at this time. Many of you will be working in new teams, in unfamiliar clinical settings, with different patient groups and all of these factors can have a significant impact on individual wellbeing. These factors make self-care more important than ever. Taking care of ourselves and our teams, will enable us to continue to support the response in the longer term. With all you are dealing with, it is OK not to feel OK. This curation provides a range of wellbeing resources that are available to you. I encourage you to access these resources and try and find balance in your working hours that enable you have some down-time.

Please remember you are all making a difference, each one of you, every day and I thank you for it.

Chief Allied Health Professions Officer (England)

- Useful resources**
- [The Kings Fund: Covid-19: why compassionate leadership matters in a crisis, blog](#) Authored by [Suzie Bailey](#) and [Michael West](#)
 - [Psychological wellbeing for healthcare workers- a support package of resources](#)
 - [Psychological PPE survival kit for creating a safer culture in the Covid-19 context](#)
 - [Sleep in the time of COVID-19](#)
 - [#caring4nhspeople](#) Horizons site that contains useful information including weekly webinar details
 - [Every mind matters- Coronavirus resources](#)
 - [National AHP virtual Hub -Covid-19 resources and information](#)

HWB Recovery plan for staff – COVID 19

C Create	A Assist	R Rapid	E Engage
<ul style="list-style-type: none"> • Opportunities for local listening via groups, leadership circles and anonymous feedback • Data driven decisions via easy app based system • EAP, OH & helpline data assessment reviews • Understanding of vulnerable groups 	<ul style="list-style-type: none"> • The impact of aftershocks for the system, organisation, team and individuals • Chances to process what happened and the decisions we made • The helpline, text line and specialist support to continue 	<ul style="list-style-type: none"> • Intervention at the right time with priority access to specialist pathways • Access to financial, relational, physical and psychosocial support • Return in a way suited to the individual 	<ul style="list-style-type: none"> • Compassionate and inclusive leadership • Understand what is working and what else needs to be done • Focus on team functioning and working well together

@sonyawallbank



Ways to access support during COVID-19

- 1 Website and App**
Information, and access to group and 1-1 support direct to your phone, laptop or PC
- 2 Helpline**
For all NHS Staff – call 0300 131 7000 07:00-23:00
- 3 TEXT**
Send the text 'FRONTLINE' to 85258 to start a conversation
- 4 Silvercloud**
Mental Health Modules for Stress, Resilience, Sleep and Anxiety. Use the code NHS2020
- 5 Free access to Mental Health Apps:**
[Unmind](#)
[Headspace](#)
[Sleepio](#)
[Daylight](#)