

# Caring for those who care: COVID-19 Resources for Allied Health Professions

December 2020



**NHS**

Dear AHPs,

As we come to the end of this most challenging of years and head into the festive period, I want to thank you all for the amazing work you have undertaken this year, both to support the COVID-19 pandemic and for business as usual. Whether you have taken on a new role, worked from home, adapted to using new technology – I don't think there will be any of you for whom this year was predictable. I am so proud of how you have demonstrated your capability and adaptability across our health and care system. However, I know many of you are feeling fatigued, or perhaps finding the impact of the pandemic on your home life a struggle.

I wanted to offer you a few tips in support of your wellbeing:

- Be kind to yourself and look after each other, keep an eye out for colleagues who are struggling and need a kind word or to take 10 minutes
- If you're working from home remember to take a break from the screen, move about, and try to get outdoors during the light hours
- Build in time to rest each day, and plan to use your annual leave to have a good break from working
- Use the support mechanisms available to you and encourage others to use them too – I want to share some new resources, spotlighted in this message

Most of all, remember how much you are valued - thank you for everything you've done, and continue to do. I truly appreciate it.

**Chief Allied Health Professions Officer (England)**

## Crisis Coaching and Mentoring Support for

Free, confidential one-to-one coaching or mentoring for all levels of NHS and social care leaders. <https://people.nhs.uk/support-for-leaders/coaching-and-mentoring-for-leaders/>

Find all the national health and wellbeing support offers here: <https://people.nhs.uk/>

## Staff support line

A confidential support line, operated by the Samaritans and free to access between 7am-11pm, seven days a week. Trained advisers can help with confidential listening and signposting. If you're feeling worried or overwhelmed, or maybe you have a lot on your mind and need to talk it through you can call 0800 069 6222 to speak to someone, or alternatively text FRONTLINE to 85258 to access support 24/7 via text message.

## Culturally diverse and All Staff virtual common rooms

These hour-long sessions are hosted by an approved practitioner and will have a maximum of 10 participants. They provide a safe and supportive space to help you remain mentally well, offering time to reflect, share frustrations and experiences, find ways to cope with how COVID-19 is affecting your life at home and at work. To book on go to: <https://www.events.england.nhs.uk/events/common-rooms>

## Counselling support

A free, confidential service offering up to 10 online or telephone counselling sessions to those working in the NHS who are impacted by COVID-19 and anyone who has been bereaved during this time. This is being delivered by the Association of Christian Counsellors and is open to people of all beliefs and none, and you can ask to be matched on ethnicity. For more information go to: <https://www.acc-uk.org/news/hidden-holding-pages/covid-19-crisis-counselling-support-service.html>