



# Caring for those who care COVID19 - Information and resources for Allied Health Professionals V3

4<sup>th</sup> May 2020



## Ways to access support during COVID-19



### Help now

Send the text 'FRONTLINE' to 85258 to start a conversation  
**Listening Line** - For all NHS Staff – call 0300 131 7000  
 07:00-23:00  
**Bereavement and loss support call** 0300 3034434  
 07:00-23:00



### On-line

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

### Webinars

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

### Apps

Unmind  
 Headspace  
 Sleepio  
 Daylight

Free access to psychological support – use your nhs.net email address to download

### Self guided mental health support



**Silvercloud**  
<https://nhs.silvercloudh.ealth.com/signup/>  
 use the code NHS2020

### Common Rooms

Meet other professionals in a safe and guided space. Get support and share your experiences. Coming soon.



Dear AHPs

As we all continue to respond to the COVID-19 pandemic it becomes increasingly important that we pay attention to our looking after our physical and mental health and wellbeing.

This week I would like to draw your attention to the bereavement resources that are available for you. We are probably all experiencing a sense of loss, perhaps in relation to losing the physical connections with loved ones, family and friends, or loss of some of the freedoms we are used to. For many of you working in different clinical environments, you may be in the front line of experiencing the human loss caused by the pandemic. Taking care of ourselves during periods of bereavement is so important, and I hope these resources are helpful.

Please continue to take care of yourselves and your colleagues. I continue to be inspired by your commitment and dedication to supporting the pandemic, and am sincerely grateful for all you are doing.

Chief Allied Health Professions Officer (England)

## Our NHS People

**Virtual staff common rooms** A safe and supportive environment to support colleagues open to anyone working in the NHS

**Guides** A number of resources to support skill development including personal resilience, bereavement support, managing stress

**Bereavement support during COVID-19** A suite of resources to support the provision of individual and team support following the loss of a colleague

**Looking after you too** Individual coaching support for staff working in Primary care

**Bereavement support line** operated by Hospice UK 8:00am – 8:00pm 7 days a week **Call: 0300 303 4434**

**Staff support line** a confidential free to access staff support line, operated by the [Samaritans](http://www.samaritans.org) from **7:00am – 11:00pm, seven days a week** **Call: 0300 131 7000**

## Other resources

**Every Mind Matters** Public Health England COVID-19 mental health campaign

**AHP NW COVID-19 Ramadan** The 23rd April marked the first day of Ramadan. Please see useful reading and supporting information

**Apply for a coronavirus test** available for all essential workers

**#caring4nhspeople wellbeing webinars** every Wednesday between and 4pm and 5pm

**Mental health care for medical staff and affiliated healthcare workers during the COVID-19 pandemic** A paper detailing the effects of the pandemic on staff and addresses organisational, team and individual considerations for supporting staff

**NHS Pension Scheme** For any new colleagues please signpost them to information regarding benefits of joining the NHS pension scheme

**The Kings fund Leading through COVID-19**

**Project5** free mental wellbeing support for NHS staff and key supporters a bespoke acute crisis response service developed by a community interest company

**HCPC Your health and wellbeing resources**  
 Also see the webpages of your professional body for more resources