

Supporting Our NHS People

Helping colleagues impacted by the current COVID pandemic in India

I would like to talk to someone now



- **Staff support line:** operated by the Samaritans free access from 7:00am – 11:00pm, **Call: 0800 069 6222** or **Text: FRONTLINE to 85258** for support 24/7 via text
- **Bereavement support line:** Confidential support line, operated by Hospice UK and free to access from 8:00am – 8:00pm, seven days a week. - **Call: 0300 303 4434**
- **Bereavement & Trauma Line for Filipino Staff** - available, between 8:00am to 8:00pm. **Call: 0300 303 1115**
- Confidential financial advice helpline through [Money Advice Service](#)

I would like to read or download support



- **Free access to a range of mental health and wellbeing apps** including access to
 - Headspace
 - Unmind
 - Daylight and Sleepio
- **Better Health** – has free tools and apps to support personal weight loss, fitness and wellbeing goals
- **Live Well** – advice, access tips and expert guidance to help you make the best choice about supporting overall wellness

Dedicated support for BAME colleagues



- Clinically led 1:1 support through counselling and coaching through [Project 5](#)
- Coaching for colleagues working in Primary care [#LookingAfterYouToo](#)
- **Bespoke coaching** support for Black, Asian and Minority ethnic colleagues from faith based groups
- Specific support from Skills for Care for colleagues working in [health and social care](#)
- **Bamestream Bereavement Support** offers therapeutic and culturally competent emotional online support in over 20 different languages through the Nafsiyat Intercultural Therapy Centre

I line manage colleagues who may need support



- **Bespoke coaching and mentoring services** for all leaders at all levels including supervisors, team leaders and middle managers
- [#LookingAfterYourTeam](#): Coaching support for those who lead, manage or organise a team or group in primary care
- [#ProjectM – Our NHS People](#) – a useful resource to connect and share experiences with peers

I would like help to identify the right support



- **Staff mental health and wellbeing hubs** provide confidential and rapid access to local evidence-based mental health support
- Access clinical assessment and triage to support/treatment
- [Cambridgeshire & Peterborough](#) Hub
- [Bedfordshire, Luton & Milton Keynes](#) Hub
- [Norfolk & Suffolk](#) Hub
- [Hertfordshire & Essex](#) Hub

A range of guides, apps and events to support the wellbeing of you and your team is available at: www.england.nhs.uk/people