

Help & resources for NHS staff

The COVID-19 Resilience Project

Using the data from this research we hope to gain a better understanding of how to effectively support the mental health and wellbeing of NHS staff during this difficult time. Thank you for participating in the survey, your contribution is greatly appreciated.

If you would like to receive a summary of the findings when the study is completed, or if you have any concerns regarding this study, please feel free to contact the study leads Kate Allsopp (kate.allsopp1@nhs.net) and Filippo Varese (filippo.varese@manchester.ac.uk).

If you feel upset having completed the survey, or you find that some questions or topics of the study triggered distress, please contact **0300 131 7000**, a confidential support line operated by Samaritans for NHS staff. Ring between 7.00 am – 11.00 pm, Monday to Sunday. Alternatively, you can **text FRONTLINE to 85258** for support 24/7 via text.

If you feel you need further support, we also encourage you to look into the staff wellbeing support available via your Organisation, and to contact your employer's Occupational Health department.

Additionally, over the coming days and weeks, you will probably experience a range of emotions due to the nature of your work. If you would like to access support online, there are a range of NHS recommended apps or services that you can access at: <https://people.nhs.uk/help/>



SilverCloud
Digital Mental Health Platform

SilverCloud: A digital mental health platform that provides wellbeing support for all NHS staff and their families



unmind

Unmind: Using the tools, assessments, and training provided you can assess, track, and understand your personal mental health needs



headspace

Headspace: Using the app you can use meditation and mindfulness to help reduce stress, build resilience and aid sleep



daylight

Daylight: An app that provides help to people experiencing worry and anxiety using CBT techniques

Note: All of these resources are free to all NHS staff until 31st December 2020. You can access these resources by following the link provided: <https://people.nhs.uk/help/>. All of these resources are backed by scientific research.

You can also use the following external resources that have been developed to support NHS staff during the COVID-19 pandemic:

NHS Practitioner Health: Resources and information for NHS staff, including links to support services and access to therapy: <https://www.practitionerhealth.nhs.uk/support-services-access-to-therapy>

Helpful resources for frontline hospital staff (and other staff):

- **Help for Heroes:** Self-care online tips and tools useful for those working in high-intensity situations and targeting the body, mind and emotion.
Website: <https://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/a-field-guide-to-self-care/>

Helpful resources for intensive care staff:

- **Intensive Care Society:** A wellbeing resource pack developed by the Intensive Care Society
Website: <https://www.ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx>

Helpful resources for leaders and managers of healthcare services:

- **BPS:** The British Psychological Society Covid19 Staff Wellbeing Group developed a guide providing practical recommendations at the individual, management and organisational level to support NHS staff wellbeing.
Website: <https://www.bps.org.uk/sites/www.bps.org.uk/files/News/News%20-%20Files/Psychological%20needs%20of%20healthcare%20staff.pdf>
- **The COVID Trauma Response Working Group:** The group has developed guidance for healthcare leaders and managers, on how to support their staff, using a trauma-informed and evidence-based approach.
Website: <https://www.traumagroup.org/>

Helpful resources to cope with bereavement:

- **CRUSE:** A charity specialising in bereavement care. The website provides a lot of useful information about how to deal with bereavement and grief
Website: <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Resources for psychologists and redeployed staff:

- **Support The Workers:** Developed evidence-based training and support curriculum for staff providing psychological support to frontline workers. This is targeted towards NHS psychologists and staff being redeployed to provide cover during this time.
Website: <https://www.supporttheworkers.org/>

Useful videos:

- These videos designed for doctors, nurses and therapists working with people with COVID-19 and their families, offer brief advice on how to respond to difficult emotions and high levels of distress (https://www.youtube.com/watch?v=W4n_a-l9Bi0&feature=youtu.be) and offer brief information and advice on supporting the psychological wellbeing of yourself and your colleagues (<https://www.youtube.com/watch?v=1pSIR9NBsYY&feature=youtu.be>).
- These videos developed by the Royal College of Psychiatrists offer advice on how to support healthcare staff during the pandemic (<https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/responding-to-covid-19-guidance-for-clinicians/elearning-covid-19-guidance-for-clinicians/covid-19-videos-for-members>).

For more information on our study, please visit our study website:

www.manchester.ac.uk/covid19-resilience-project

Thank you again for your participation in our research