

Stress levels are understandably high at this challenging time. It's important to try to maintain a routine that includes eating regularly, staying hydrated, exercise, keeping connected with family and friends, sleep and relaxation. Listed here are some additional resources and support to help you with your mental health and wellbeing, including online training, Apps and advice, details of the Professional Support Unit and how to access one to one mentoring.

Advice and Information

Apps that might help

Unmind:

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.

They are offering free access to NHS staff until the end of December 2020, active now.

How NHS staff can get access

1. Go to <https://nhs.unmind.com/signup>
2. Sign up with your NHS email address
3. Download the Unmind app from your Appstore - your organisation name is NHS.

Headspace:

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

COVID-19 Specific: These are part of the Headspace app — free for everyone — the section is called **Weathering the storm**. It includes meditations, sleep, and movement exercises to help you, however you're feeling. It's a small way of helping you find some space and kindness for yourself and those around you.

<https://www.headspace.com/covid-19>

They are offering free access to all NHS staff with an NHS email address until 31 December, active now.

Go to <https://www.headspace.com/nhs> and select clinical or non-clinical staff to start enrolling:

1. Verify that you work for the NHS by providing your NHS email address
2. Go to your NHS email and click on the verification email you just received
3. Download the mobile app and log into your Headspace account

Sleepio and Daylight (developed by Big Health):

Sleepio is a clinically evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

Daylight is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.

Free access to Daylight is active now until 31 December.

How to access Sleepio

1. Visit <https://www.sleepio.com/signup/start/plus/?showCodeInput=true&signUpPageReference=redeem> on your laptop or desktop computer
2. Enter **redeem code NHS2020** and sign up for an account using your name and email address
3. Complete the sleep test

How to access Daylight

1. Click on the following link: <https://www.bighealth.com/en-gb/nhs-2020>
2. Answer a few short questions to tailor the programme to you
3. Sign up for an account using your name and email address
4. Download the Daylight smartphone app (search 'Daylight - Worry Less')

The Foundation for Positive Mental Health <https://www.foundationforpositivementalhealth.com/>

App to enhance everyday wellbeing, increase resilience to, and recovery from, mental health difficulties.

Covid19 – supporting your mental health with the Feeling Good App

Free access code: username – coboost Password - positive

Online options and PDF embedded resources to help keep you well

Please take care when visiting external sites – we do not control their content or security settings.

- Every Mind Matters (NHS) <https://www.mentalhealth.org.uk/blog/every-mind-matters>
- My Possible Self to help reduce stress, anxiety and low mood <https://www.mypossibleself.com/>
- Mood Gym interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety. <https://www.moodgym.com.au/>
- i Talk managing anxiety and mood management <https://www.italk.org.uk/>
- Heads Up – managing /disclosing your mental health at work <https://www.headsup.org.au/>
- Tea and Empathy Facebook Group – a national, informal peer support network aiming to foster a supportive culture throughout the NHS. <https://www.facebook.com/groups/1215686978446877/>
- Action for Happiness - Evidence-based approaches to general wellbeing and happiness, includes information about mindfulness, creating happy workplaces and communities <https://www.actionforhappiness.org/>
- Living life to the full www.llttf.com

Free access code: **nhsstaff** Health and social care staff and their families. Valid until June 30th, 2020. 3 months free access to LLTTF Plus course starts whenever you register.

Here's where to get more help: <https://code.llttf4.com/>



LLTTF Coronavirus health worker.pdf.pdf.

- **Coronavirus – Staying Well PDF**



Coronavirus - Staying Well.pdf

- **NHS Employers Health, Safety and Wellbeing**
<https://www.nhsemployers.org/covid19/health-safety-and-wellbeing>
- **Emotional and psychological survival guide - Red Whale**



pearl-emotional-and-psychological-wellbei

- **Intensive Care Society – Wellbeing Resource Library**
<https://www.ics.ac.uk/ics/education/wellbeing/ics/wellbeing.aspx>
This poster series aims to improve our understanding of psychological wellbeing at work, the impact reduced wellbeing can have and what we can do in response and includes tips for dealing with extraordinary situations such as COVID-19 and everyday working in critical care.
- **Oxford Mindfulness - are running sessions online for free to address the present situation**
<https://oxfordmindfulness.org/online-sessions-podcasts/>
- **Free online training from Embrace Resilience:**
 - Change and Resilience – this course covers behaviour change and how to build personal resilience
 - Mental Health: Body and Mind – this course explains the links between physical and mental health and enables learners to establish routines beneficial for the mind and body
 - Managing Stress and Anxiety – this course will assist learners to manage everyday causes of anxiety and resultant stress
 - Work-Life Balance – this course explores the balance between work commitments and other interests to support learners to achieve a work-life balance which improves their health.

Access to this training is available via the Midlands and East Dental School website <https://heeoee.hee.nhs.uk/dental>

Professional Support Unit

Thames Valley

<https://www.oxforddeanerypsu.org.uk/>

Wellbeing support:

- Open to all trainees via self-referral, please send an email to PSU.tv@hee.nhs.uk Talk to your Educational Supervisor and/ or Training Programme Director first.
- They can offer 1-6 sessions for confidential reflection in a safe space for trainees who are really struggling to process the impact of this current situation. It provides an opportunity to talk through worries, reflect and for the coaches to offer appropriate signposting to advice where necessary.

For more formal coaching, therapy for anxiety or depression please see [Medic Support](#) This service is open to doctors, dentists or pharmacists in training and offers a rapid response with access to Cognitive-behavioural therapy for those training in the Oxford Deanery. You can refer yourself, or you can be referred by a colleague such as an educational supervisor, or occupational health physician.

Wessex

http://www.wessexdeanery.nhs.uk/professional_support_unit.aspx

Ordinarily, the PSU do not accept self-referrals, but under the current circumstances if you require additional support as a direct result of experiences with COVID-19 and are unable to resolve the situation by discussing any problems you may be experiencing with your supervisor, it is currently possible to submit a Self-referral Form to request support from the Wessex Professional Support Unit.

Page on wellbeing dedicated to COVID-19

http://www.wessexdeanery.nhs.uk/covid-19_wellbeing_support.aspx

Mentoring

Often it just helps to tell a trusted colleague or peer how you are feeling, speaking to a loved one or friend shares the load and can make all the difference. Sometimes it's easier to speak to someone not connected to your clinical work especially if you don't want to worry your family. Mentoring support may help, addressing the here and now - fears, anxiety, or strong emotions. They can also signpost you to more specialist skills, organisations and reliable sources of information.

Covid-Coach/Mentors-19

A group of dental professionals who are also qualified/very experienced mentors have come together to provide pro bono mentoring sessions for colleagues. Their contact details are included on the Dental Mentors UK website www.dentalmentorsuk.com. You should contact the mentor of your choice directly to arrange a telephone call.

The web pages also include a list of other organisations offering support and a list of reliable organisations for useful information about Covid-19 (dental and non-dental).

If you feel that you are not coping

If things seem overwhelming or you have concerns - **Do speak to your Educational Supervisor or Training Programme Director.**

NHS Health Programme

An award winning, free and confidential NHS service for doctors and dentists with issues relating to a mental health concern or addiction problem, in particular where these might affect their work.

<https://www.practitionerhealth.nhs.uk/>

Email: Prac.Health@nhs.net