



# Wellbeing support during and after COVID-19



- Samaritans have information on [If you're worried about your mental health during the coronavirus outbreak](#). A confidential staff support line is also available, operated by the Samaritans and free to access from 7.00 am – 11.00 pm, seven days a week. You can call for support, signposting and confidential listening: 0300 131 7000. Alternatively, you can text FRONTLINE to 85258 for support 24/7 via text.
- SHOUT: <https://www.giveusashout.org/> or Text Shout to 85258
- The World Health Organisation (WHO) has published [WHO Mental Health Considerations During COVID-19](#)
- MIND UK and [Every Mind Matters](#) have published specific resources in the context of COVID-19.
- Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19) [mental health and wellbeing aspects of coronavirus \(COVID-19\)](#)
- NHS Employers has developed resources to support staff wellbeing during the COVID-19 pandemic
- NHS Practitioner Health has developed [frontline wellbeing support during COVID-19](#).
- The BMA offers confidential support services 24/7, free of charge to all doctors and medical students – call 0330 123 1245.
- Dr Caroline Walker of [The Joyful Doctor](#) an expert in doctors' wellbeing provides top tips for doctors during the COVID-19 pandemic.
- The Royal College of Nurses has guidance on [self-care during COVID-19 and a counselling service](#).
- Dover Counselling Services 01304 204123 (subject to agreement with employer)
- 30 actions to look after ourselves and each other from [Action for Happiness](#)
- The British Red Cross use a framework called CALMER to help focus your response when dealing with emotionally challenging situations. For more information go to the [Red Cross First Aid Training website](#).
- Get help from Citizens Advice <https://www.citizensadvice.org.uk/nhswellbeing/>

## Mindfulness

- [Manage Your Mind Online Session](#) for NHS Professionals
- [Tenterden Mindfulness Group Mindfulness](#) practice sessions via video link.
- Deep listening events for NHS colleagues: email [beth.hill5@nhs.net](mailto:beth.hill5@nhs.net) to find out the dates of the next planned session/s or to schedule a session

## Free access to wellbeing apps for NHS staff

- NHS England and NHS Improvement have worked with the following app providers to waive costs for the NHS workforce: **Silvercloud**, **Unmind**, **Headspace**, **Sleepio** and **Daylight**. [Click here for more information](#) or go to <https://people.nhs.uk/help/>

## Supporting your mental health while working from home

- Here are some ways to support your mental health, reduce feelings of isolation, and feel connected with colleagues while working remotely, from [My Whole Self](#).