



Emotional and Mental Health support

Primary Care Staff

All Primary Care Staff



NHS Staff Support Line

A free confidential staff support line is now being operated by the Samaritans 7am-11pm, seven days a week. You can access this support line by calling 0300 131 7000. Alternatively you can access support by texting FRONTLINE to 85258 24/7.

NHS Bereavement Support Line

Bereavement support offered by Hospice UK. Call 0300 303 4434 Monday to Sunday, 8am-8pm.



Project 5: Wellbeing Support

Confidential support sessions for NHS staff. Access [here](#).

NHS One You: Wellbeing Support

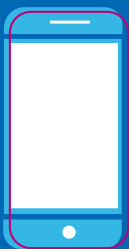
NHS Wellbeing platform covering mental and physical health. Access [here](#).

Staff Common Rooms

Opportunity for NHS people to come together virtually. Access [here](#).

Mindfulness Initiative

Mindfulness resources for health and care staff. Access [here](#).



Silvercloud

A digital mental health company offering a range of behavioural programmes. Access [here](#).

Stay Alive

A suicide prevention resource packed full of useful information and tools. Access [here](#).

Daylight

App that provides help to people experiencing worry and anxiety. Access [here](#).

Sleepio

Clinically evidenced sleep improvement programme. Access [here](#).

Unmind

A mental health platform that empowers staff to proactively improve wellbeing. Access [here](#).

Headspace

Mindfulness and meditation app providing tools and resources. Access [here](#).

Movement for Modern Life

Online yoga platform. Access [here](#).

CityParents

Curated collection of positive and practical support for working parents. Access [here](#).

Practices and PCNs



Time for Care Support

This programme helps practice teams manage their workload, adopt and spread innovations that free-up clinical time for care, and develop the skills and confidence to lead local improvement. You can submit an expression of interest for this service [here](#).

GPs



Coaching and Mentoring

You can access coaching and mentoring resources via the CPFT Training Hub [here](#).

HEE Professional Support and Wellbeing Service

Health Education England has set up a useful support hub [here](#).

RCGP Wellbeing GP support

Access the Royal College of General Practitioners' GP wellbeing support platform [here](#).

RCGP Ethical COVID-19 Guidance

Ethical guidance from the RCGP is accessible [here](#).

BMA Wellbeing Support

Access the British Medical Association's resource page on wellbeing support [here](#).

NHS Practitioner Health Programme

Find a Practitioner Health resource page for COVID-19 [here](#).

AOMRC COVID-19 Support

Find Academy Of Medical Royal Colleges support [here](#).

Nurses



RCN COVID-19 Support

The Royal College of Nursing has put together some helpful resources [here](#).

RCN Wellbeing, Self-care and Resilience

Access all RCN information on wellbeing, self-care and resilience [here](#).

Local Virtual Non-Medical Forums

Contact CCG Nurse Lead Danielle Harding on danielle.harding@nhs.net to participate.

Pharmacists



Pharmacist Support: Wardley Wellbeing Hub

Access the dedicated support hub [here](#).

RPS: Wellbeing during COVID-19

Access the Royal Pharmaceutical Society's Wellbeing Resources page [here](#).

General Support for Individuals



Lifeline

This local service provides confidential support to adults from 9am-11pm Monday-Friday, and 2pm-11pm Saturday-Sunday. You can call the service via 0808 808 2121.

Centre 33

This local service provides confidential support for young people up to the age of 25. You can reach Centre 33 on 0333 4141809 or by texting or WhatsApping to 07514783745. The service is open 12pm-4pm Monday -Friday.

CPSL Mind

CPSL Mind can help by signposting you to services. You can call CPSL Mind Monday to Friday, 9.30am-5.30pm, on 0300 303 4363.



Qwell

Qwell offers confidential support via online chat. You can access this service via www.qwell.io.

Kooth

Kooth offers confidential online counselling, discussion boards, a magazine full of tips and a daily journalling function to children and young people aged 11-25. You can access this service via www.kooth.com.

Keep Your Head

This local service brings together reliable information on mental health and wellbeing for children, young people and adults. You can access this service via www.keep-your-head.com.