



Mental Health & Wellbeing Support Services



Employee Assistance Programme – Occupational Health



You can speak with a member of the Employee Assistance Programme team for free independent and confidential advice 24 hours a day, 365 days a year.

You can contact a qualified adviser on **0800 882 4102** Calls to this number are free of charge from a landline phone. Calls from a mobile may be charged, so please check with your service provider. Alternatively, you can access their online services by going to www.pamassist.co.uk. To access the service, you'll need to enter Access Code:

Username: Camdenislington

Password is Camdenislington1

Please be advised for Occupational Health you will be able to make a self-referral to OH by contacting PAM OHS on 0203 8666600.

Wellbeing Lead

Wellbeing Lead

Our wellbeing lead, Bev Flint, will talk to you about what might be helpful and signpost you to the appropriate assistance. This is a completely confidential service. Contact : wellbeing@candi.nhs.uk. More information can be found here:

[Covid - Wellbeing Resources](#)

HR

HR

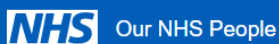
For support and advice from HR please email: Coronavirus.HRSupport@Candi.nhs.uk or contact the ER team who can provide additional support and guidance

Wellbeing Platform – Juice NHS Cooperative



We are pleased to inform you that we have joined forces with CNWL and West London Trusts so that we can share some wellbeing resources and activities. Please take a look at the Juice Platform [here](#). Use your candi email address to sign in. Our intention is to have a range of activities listed in one place that we can benefit from and book onto, and share resources with our NHS neighbours. Some of the activities include:

- Financial wellbeing workshops
- Virtual pub quizzes
- Mindful Monday meditation
- Becoming an embodied anti-racist



Supporting our people

Helping you manage your own health and wellbeing whilst looking after others – Support lines, advice and guidance, counselling



NHS Employers

Preserving and protecting the health, safety and wellbeing of staff is critical for NHS organisations as we move through the COVID-19 pandemic.



The Good Thinking website is an NHS approved mental health and wellbeing resource aimed at those of us working and/or living in London. This will soon include some helpful advice specific to how we can look after ourselves in a time of social distancing and self-isolation:

<https://www.good-thinking.uk/>



Unmind

A workplace mental health platform that enables you to assess, track and understand your mental wellbeing over time. It also has some tools that you may find helpful. This is being offered to NHS staff for free during this crisis. Please use your cand.nhs.uk address to register – www.nhs.unmind.com/signup



Daylight

If you're dealing with worry and anxiety, get access to [Daylight here](#). This is a CBT based resource. Complete the questionnaire and create an account. Download the daylight app and sign in using your credentials



Sleepio

If you're struggling with falling asleep or staying asleep, get access to [Sleepio here](#) and enter the code CAI2020. [There is a PDF under Resources](#) on the Coronavirus story page on the intranet with more information



Meditation made simple

Take the first step on your journey towards a healthier, happier life. Learn to meditate with [Headspace](#). Free access to NHS staff. You will need to set up their account using their C&I email address



The Guardian Service

It is important for our staff to be able to speak up about any worries you may have. Our Guardian Service can support you to raise concerns over patient care, patient safety and any work-related issues. You can contact the 24/7 service by calling **0333 577 2773**. You can also email our Trust Guardian via contact@theguardianservice.co.uk The Guardian Service is an independent and confidential Guardian Service and two guardians are available over the telephone. The guardians are external to the Trust and provide information and emotional support in a strictly confidential, non-judgemental manner.



Mind

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services. Telephone: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463 Email: info@mind.org.uk Website: www.mind.org.uk/information-support/helplines



Mental Health at Work

Mental Health at Work offers a range of online resources, advice, tool kits and recommendations to help support individuals to achieve better mental health outcomes at work. Frontline offers round-the-clock one-to-one support, along with a collection of resources, tips and ideas chosen to support your mental health. To talk by text, text FRONTLINE to 85258 any time. To talk by phone, call 0300 131 7000 from 7am to 11pm if you're in England, or call 116 123 any time if you're elsewhere in the UK. Visit: www.mentalhealthatwork.org.uk Tel: 03303 800 658



Samaritans

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face. Telephone: 116 123 (24 hours a day, free to call) Email: jo@samaritans.org Website: <https://www.samaritans.org>