



Mental Health & Wellbeing Support Services



Coronavirus staff health & Wellbeing

Support is here if you need it! This confidential staff wellbeing live support service is here to help with everything from stress, anxiety and depression to mindfulness, sleep and resilience. This service is available Monday to Friday 9am until 5pm.

You can access this support via phone, video or online chat.

For access to wellbeing webinars and online classes, visit:

www.talkingtherapies.nelft.nhs.uk/nelft-staff-support

For emotional support for you and your colleagues, there are team reflective sessions available. Visit the intranet or speak with the health and wellbeing staff team for more information.

To contact the staff health and wellbeing team, call 0300 555 1066 or email staffhealthandwellbeing@nelft.nhs.uk



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



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



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>

Online Exercise Classes for Staff Health and Wellbeing (and links):

Mondays at 5pm (20 mins) – Abs and core <https://form.responster.com/d0D47f>

Tuesdays at 4:30pm (20 mins) – Boxing Fitness <https://form.responster.com/d0D47f>

Tuesdays and Thursdays at 1pm (20 mins) – Self-care and Mindfulness <https://form.responster.com/ZXzV8t>

Wednesdays at 1:15pm (20 mins) – Yoga and Mindfulness for self-care <https://form.responster.com/d0D47f>

Wednesdays at 4:30pm (20 mins) – Gentle stretch & Yoga poses <https://form.responster.com/d0D47f>

Mondays and Thursdays at 12pm (10 mins) – Posture workout <https://form.responster.com/d0D47f>

Additional Staff Health and Wellbeing Webinars for NELFT Staff:

1. **Rediscovering resilience** (45 to 60 mins):
Wednesday 16th December 2020 at 10:00am
To book ctrl + click: [Click to book next session](#)
2. **Schwartz Rounds**
Thursday 10th December 2020 at 1.30-2.30pm
To book ctrl + click: [SR Booking Link for 10 December 2020](#)

Thursday 14th January at 11am-12pm
To book ctrl + click: [SR Booking Link 14 January 2021](#)

Thursday 21st January at 2pm-3pm
To book ctrl + click: [SR Booking Link 21 January 21](#)
3. **Mindfulness Sessions (20 minute sessions, Every Monday & Thursday and same times)**
Monday 30th November 2020 at 9:15am - 9:35am
Monday 3rd December 2020 at 3:15pm - 3:35pm
Monday 7th December 2020 at 9:15am - 9:35am
Monday 10th December 2020 at 3:15pm - 3:35pm
To book ctrl + click link: <https://form.responster.com/1WRw0L>
4. **Group EMDR Sessions for NHS Staff**
Friday 4th December 2020 at 9:30am – 11:00am
Friday 11th December 2020 at 9:30am – 11:00am
To book ctrl + click: catherine.thorley@nelft.nhs.uk
5. **Relax and Look After Yourself**
Wednesday 2nd December 2020 at 2.00pm – 2.20pm
Wednesday 9th December 2020 at 2.00pm – 2.20pm
Wednesday 16th December 2020 at 2.00pm – 2.20pm
To book ctrl + click: <https://form.responster.com/N5PQ2e>
6. **Coping with the New Normal**
Wednesday 2nd December 2020 at 12:00pm-1:00pm
To book ctrl + click: <https://form.responster.com/3FtKnI>
7. **Eating Well and Staying Well- Tips for Healthy Eating**
Wednesday 2nd December 2020 at 3:00pm-3:45pm
To book ctrl + click: <https://2december.eventbrite.co.uk>
8. **Leadership**
Wednesday 9th December 2020 at 2.30pm
Wednesday 23rd December 2020 at 2.30pm
To book ctrl + click: <https://form.responster.com/V0M3Tq>
9. **African Drumming & Dance session**
Tuesday 15th December 2020 at 3.00pm-3:30pm
To book ctrl + click: <https://form.responster.com/ste9ZK>
10. **Healthy Eating & Weight Management**
Wednesday 20th January 2021 at 1:30pm-2:30pm
Tuesday 16th February 2021 at 3:00pm-4:00pm
Wednesday 17th March 2021 at 11:00am-12:00pm
To book ctrl + click: <https://form.responster.com/LEaZnH>
- 11- **Redbridge Talking Therapies podcasts**
Join the Talking Therapies team from Redbridge as they discuss and explore everything from managing stress, sleeping through a crisis and mindfulness