

Wellbeing

[Free wellbeing Apps for NHS staff](#)

[Free online mindfulness resources and services](#)

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Welcome to the Wellbeing page of UHB Library & Knowledge Services.

This is the collation of resources and services to provide emotional support, and encourage wellbeing and mindfulness to NHS staff coping with the stresses of working throughout the Coronavirus outbreak. We hope you will find them useful, and please get in touch with your suggestions at geh.library@nhs.net

Last updated on 24th April 2020



Free wellbeing Apps for NHS staff



“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 all NHS staff, students and volunteers with their names and email addresses is active now until 31 December 2020. “

[Click here to sign up with your NHS email address](#)



“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.

Free access to all NHS staff with an NHS email address is available until 31 December 2020 and is active now.”

[Click here to sign up with your NHS email address](#)

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

Free access to all NHS staff, students and volunteers with their names and email addresses is active now until 31 December 2020.”

[Click here to sign up with your name and email address](#)



“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, fulfillment and nutrition.”

Free access to all NHS staff with an NHS email address is available until 31 December 2020 and is active now.

[Click here to sign up with your NHS email address](#)

Free online mindfulness resources and services



[Guidance for the public on the mental health and wellbeing aspects of coronavirus \(COVID-19\)](#) “provides advice on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak” (Last updated on 31st March 2020)



“Samaritans and NHS, working in partnership, have launched a new confidential support line for NHS workers and volunteers in England. The confidential support line is open 7am to 11pm, 7 days a week, and is run by dedicated volunteers who are self-isolating following government guidance.”

[NHS workers and volunteers can access the number for the wellbeing support line here.](#)



A collection of resources, offers and toolkits to support NHS staff during this time. Please visit <https://www.nhsemployers.org/covid19/health-safety-and-wellbeing>

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Visit HEE's online learning platform, e-Learning for Healthcare to learn more about [Staff Wellbeing and Resilience during COVID-19](#)



Library and Knowledge Service, HEE has brought some sensible sources of [advice/tips and tricks](#) on working from home to support mental wellbeing of NHS staff in this crisis.



If you are staying at home or going to work, these pieces of advice from [Mind](#) will help you to cope up in this present pandemic situation

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[Covid-19 Resilience Hub](#) has been created on behalf of Health Education England in partnership with NHS England-Improvement to help front line staff in the NHS and care services in managing their own mental health and wellbeing.



[How are you feeling today? NHS toolkit](#)

This toolkit will help you to check your own wellbeing and support colleagues with their emotional wellbeing



Visit British Medical Association webpage for [some tips and free wellbeing support and services](#) for all doctors and medical students in the United Kingdom

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Project5

“[Project5](#) is an online booking system which gives NHS staff access to free one-to-one support from a team of volunteer coaches and mental health practitioners “. It also gives access to self help evidence based resources to support mental wellbeing .



Beat COVID: Get Prepared
A Wellbeing Strategy for Healthcare Workers

It is a [campaign](#) run by junior doctors and medical students “to protect the wellness of our invaluable NHS staff through this difficult period.” Find advices on mindfulness, staying active, nutrition and sleep “specifically designed for the challenge of keeping a healthy mind and body whilst fighting the COVID battle.”

From your Trust



To ensure good access to information externally and from mobile devices, a dedicated staff website is available containing health and wellbeing resources, visit <https://www.uhb.nhs.uk/coronavirus-staff/mental-wellbeing.htm>

Wellbeing hubs, Wobble rooms and Listening sessions at all sites “offer a safe space for clinical and non-clinical staff to get refreshments, relax, collect self-care resources and a chance to speak to someone.”

You will find the Wellbeing Hubs at;

Heartlands Hospital: Education Centre Rooms 7 and 8

QEHB: Medical Student Undergrad Common Room, opposite the main library

Good Hope Hospital: Education Centre – Room 1

Solihull Hospital: Education Centre Library



staffsupport@uhb.nhs.uk



Free 24 Hour Confidential Helpline:
0800 030 5182

A webinar has been developed by trust Clinical Psychologists and is particularly aimed at staff whose role will be changing, or who will be redeployed due to COVID 19. [Link](#)

From your Library



All members of staff are welcome to take a break inside our specially created wellbeing areas within the UHB libraries at all four sites.

Here, you will find:

- A range of carefully selected books, covering **wellbeing, healing, and fiction**
- Calming activities, such as **jigsaws** and **colouring**
- Puzzles to divert your mind, such as **sudoku** and **crosswords**
- **DVDs** to borrow and watch at your own leisure
- **A wellbeing wall**, with quotes and images to encourage mindfulness and uplift your mood

All site libraries are open 24/7 with your Trust ID badge, and items can be borrowed from the self service kiosks.

