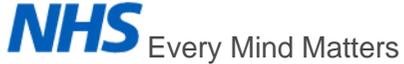


## EEAST STAFF 'EXTRA' SOURCES OF SUPPORT

### COVID SPECIFIC:

Provider:	Summary:	Comment:	Contact:
 <p><b>NHS</b> <b>Health Education England</b> <b>Resources for Paramedics</b></p>	<p>The sessions included here contain information which will be of value to paramedics during the pandemic. Please interpret the learning for your own context.</p> <p>Subjects include:</p> <ol style="list-style-type: none"> <li>1. <b>Safe Transfer of Patients</b></li> <li>2. <b>Infection Control:</b></li> <li>3. <b>Air and Blood Borne Pathogen (Foundation Doctors)</b></li> <li>4. <b>COVID-19 Additional Guidance</b></li> </ol> <p>This session is taken from the Learning Resources for Medical Staff working in Critical Care pages of the <b>e-Learning for Healthcare hub</b>. It offers a guide to best practice when transferring critically ill patients, which should be considered and interpreted for use during the pandemic.</p>	<p>Good, informative learning for frontline</p>	<p><b>Free online learning for all frontline staff</b></p> <p>To access these sessions, use:  <a href="https://www.e-lfh.org.uk/programmes/coronavirus/?utm_source=LinkedIn&amp;utm_medium=social&amp;utm_campaign=SocialSignIn&amp;utm_content=%23COVID19">https://www.e-lfh.org.uk/programmes/coronavirus/?utm_source=LinkedIn&amp;utm_medium=social&amp;utm_campaign=SocialSignIn&amp;utm_content=%23COVID19</a></p>
 <p><b>mind</b> for better mental health</p>	<p>If you are worried about coronavirus (COVID-19) and how it could affect your life. This may include having to stay at home and avoid other people.</p> <p>This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.</p> <p>Mind have developed some information is to help you cope.</p>	<p>Some basic but helpful ways to help you cope.</p>	<p><a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse5aa8b">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse5aa8b</a></p>

	<p>A supportive site specifically for NHS workers through this crisis</p>	<p>This is a uniquely stressful time: it's ok not to be ok. This site provides some resources to help deal with the new challenges we are all now facing</p>	<p><a href="http://www.covidcare.me/">www.covidcare.me/</a></p>
	<p>The Public Health England's (PHE) platform has launched new advice focused on looking after people's <b>mental wellbeing during the coronavirus (COVID-19) pandemic</b>. It has been updated after new data shows more than 4 in 5 (84.2%) Brits are worried about the effect that coronavirus is having on their life, with over half (53.1%) saying it was affecting their wellbeing and nearly half (46.9%) reporting high levels of anxiety.</p>		<p>For tips and help visit Every Mind Matters</p>
	<p>the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. Powered by a team of trained volunteers it's a place to go if you're struggling to cope and you need immediate help.</p>		<p><a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a> <b>Text Shout to 85258</b></p>
	<p><b>Samaritans:</b> who have introduced a confidential staff support line specifically for ambulance staff, with free to access <b>from 7:00am – 11:00pm, seven days a week</b>. This support line is for when you've had a tough day, are feeling worried or overwhelmed, or maybe you have a lot on your mind and need to talk it through. Trained advisers can help with signposting and confidential listening.</p>		<p><b>0300 131 7000</b> Text FRONTLINE to 85258 for 24/7 text support.</p>



**Hospice UK:** bereavement support line. A team of fully qualified and trained bereavement specialists are available to support you with bereavement and loss experienced through your work.  
Free to access, **from 8:00am – 8:00pm, seven days a week**

**0300 303 4434**

**PSYCHOLOGICAL/MENTAL HEALTH:**

**Provider:**

**Summary:**

**Content:**

**Contact:**



**10 stress busters**

**Tips & tools for dealing with stress**, whether caused by your job or something more personal. Includes an informative, helpful video. Supported by Professor Cary Cooper, a workplace wellbeing expert at the University of Lancaster he says the first step to feeling better is to identify the cause.

The most unhelpful thing you can do is turn to something unhealthy to help you cope, such as smoking or drinking. "In life, there's always a solution to a problem," says.

"Not taking control of the situation and doing nothing will only make your problems worse." He says the keys to good stress management are building emotional strength, being in control of your situation, having a good social network, and adopting a positive outlook.

Nothing you won't have seen before – but some useful, clear tips and tools and a **highly informative video**. Worth a watch!

<https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>



The CMHA UK team has compiled a **fact sheet** detailing **useful resources and tips** to support you and the **mental health** of your employees during these difficult times. Covers supporting colleagues to stay mentally healthy generally, and specifically while **working remotely**.

Again, slightly repetitious but does clearly highlight some useful tools

[https://cdn.mentalhealthatwork.org.uk/wp-content/uploads/2020/03/18155128/Supporting-colleagues-to-stay-mentally-healthy-in-unusual-working-conditions.FINAL\\_.pdf](https://cdn.mentalhealthatwork.org.uk/wp-content/uploads/2020/03/18155128/Supporting-colleagues-to-stay-mentally-healthy-in-unusual-working-conditions.FINAL_.pdf)

	<p>Unmind believe that everybody has the right to a healthy mind. They are a workplace mental health and wellbeing platform, empowering employees to measurably improve their mental health. Using scientifically backed <b>assessment tools</b>, you can measure and manage your personal mental health needs, including programs designed to help with <b>stress, sleep, coping and nutrition</b>.</p> <p>They combine latest research from positive psychology, cognitive behavioral therapy, neuroscience, and mindfulness with help from clinicians, academics and authors around the world.</p>	<p>A useful site integrating many methodologies and tools to help you manage your own mental health and wellbeing.</p>	<p>You can sign up for free at: <a href="https://nhs.unmind.com/signup">nhs.unmind.com/signup</a></p>
	<p>Help for Heroes are playing their part in supporting NHS staff. They are making their resources available on their website to <b>support health workers</b> around the UK in preparing for and dealing with <b>traumatic experiences</b>.</p> <p><b>Their Field Guide to Self-Care: Body, Emotion and Mind in Action</b> is for the men and women working tirelessly providing healthcare around the UK right now.</p>	<p>Providing trauma support overall, recognising guilt and moral injury and providing some solid guidance based on years of military experience</p>	<p>Visit their website for further NHS oriented information: <a href="https://www.helpforheroes.org.uk/">https://www.helpforheroes.org.uk/</a></p>
	<p>NHS transition, intervention and liaison (TIL) veterans' mental health service has been specially tailored to support and treat <b>ex-armed forces veterans</b> and service personnel who are approaching discharge. The service has been designed to help recognise some of the early signs associated with mental health difficulties and will provide access to a number of interventions, therapeutic treatments for complex problems and psychological trauma and prevent patients reaching crisis point</p>	<p>Fast track access for all veterans at all points in time</p>	<p><a href="https://www.nhs.uk/using-the-nhs/military-healthcare/nhs-mental-health-services-for-veterans/">https://www.nhs.uk/using-the-nhs/military-healthcare/nhs-mental-health-services-for-veterans/</a></p> <p>Call: 0300 323 0137 mevs.mhm@nhs.net</p>
	<p>Big Health, in partnership with NHS England, is offering <b>free online/digital access</b> until 31.12.20 to <b>two cognitive behaviour therapies</b>:</p> <p><b>Sleepio</b> – a sleep improvement programme <b>Daylight</b> – to help tackle worries and anxiety</p>	<p>Available to all NHS staff including those without a current email address.</p> <p>Easy to access, you can take control of your own anxiety and address any sleep issues you might have</p>	<p>Free to any NHS staff. Easy to access – click on links and sign up: <a href="http://www.bighealth.com/en-gb/nhs-2020">www.bighealth.com/en-gb/nhs-2020</a></p>

 <b>My Whole Self</b>	<p>Brief practical <b>guide to working at home</b> that aims to provide “some ways to support your mental health, reduce feelings of isolation, and feel connected with colleagues while working remotely.”</p>	<p>Includes suggestions on how to set <b>new routines and boundaries</b>, plus a range of useful tips on how to <b>stay connected with colleagues</b> despite physical separation.</p>	<p><a href="https://cdn.mentalhealthatwork.org.uk/wp-content/uploads/2020/03/20113010/Supporting-your-mental-health-while-working-from-home-3.pdf">https://cdn.mentalhealthatwork.org.uk/wp-content/uploads/2020/03/20113010/Supporting-your-mental-health-while-working-from-home-3.pdf</a></p>
	<p><b>How to manage stress and anxiety booklet</b> is for anyone in the ambulance service who wants to manage their stress, anxiety or panic attacks. It gives practical suggestions about how to deal with stress and anxiety and where to go for support.</p> <p>Booklet also provides contact details for various support organisations including Mind’s Blue Light Infoline.</p>	<p>Published in 2015, the booklet still provides sound general help, advice, support, links etc. Don’t forget, there’s also specific <b>in-house support for EEast staff</b> trying to cope with stress and anxiety e.g. the ‘<b>In Crisis’ helpline (telephone support: 0808 196 2370 – daytime only)</b> and the <b>24-hour Employee Assistance Programme (EAP: 0808 196 2374)</b>. For colleagues exposed to potentially traumatic incidents, there’s the <b>TRiM service (referral form on EAST24)</b>.</p>	<p><a href="https://www.mind.org.uk/media-a/4181/blue-light-stress-anxiety-ambulance-2017.pdf?ctald=/news-campaigns/campaigns/blue-light-support/blue-light-information/stress-and-anxiety/slices/managing-stress-and-anxiety-ambulance/">https://www.mind.org.uk/media-a/4181/blue-light-stress-anxiety-ambulance-2017.pdf?ctald=/news-campaigns/campaigns/blue-light-support/blue-light-information/stress-and-anxiety/slices/managing-stress-and-anxiety-ambulance/</a></p>
	<p>Headspace aims to help you “learn the <b>essentials of meditation and mindfulness</b>” – and NHS staff can now <b>subscribe for free until 31.12.20</b>.</p> <p>Once you’ve signed up, Headspace Plus offers you “bite-sized minis for when you’re short on time, exercises to add extra mindfulness to your day, and hundreds of meditations on everything from stress to sleep.”</p>		<p>Visit website via this link:  <a href="https://www.headspace.com/nhs#start-your-journey">https://www.headspace.com/nhs#start-your-journey</a></p>

	<p>The Hub of Hope is a first of its kind, national mental health database which brings together organisations and charities, large and small, from across the country who offer mental health advice and support, together in one place.</p>	<p>Lots of different ways to gain support</p>	<p><a href="https://chasingthestigma.co.uk/hub-of-hope/">https://chasingthestigma.co.uk/hub-of-hope/</a></p>
	<p>Developed for NHS staff this is a great way to learn how to understand yourself and learns ways to relax, clear your mind and support your own wellbeing</p>	<p>Simple to sign up to, its free and develops a program specific to you.</p>	<p><a href="https://nhs.unmind.com">https://nhs.unmind.com</a></p>
	<p>Relax with Calm, a simple mindfulness meditation app that brings clarity and peace of mind into your life</p>	<p>Easy to sign up to and easy to use</p>	<p><a href="http://www.calm.com">www.calm.com</a></p>
	<p>Meditations for calming and relaxation especially in an uncertain world</p>	<p>Headspace offers free meditations to listen to at any time during this time of crisis</p>	<p><a href="http://www.headspace.com">www.headspace.com</a></p>
<p><b>BEREAVEMENT SUPPORT:</b></p>			
<p><b>Provider:</b></p>	<p><b>Summary:</b></p>	<p><b>Comment:</b></p>	<p><b>Contact:</b></p>

	<p>For most of us, bereavement will be the most distressing experience we will ever face. Grief is what we feel when somebody we are close to dies. Everyone experiences grief differently and there is no 'normal' or 'right' way to grieve.</p>		<p>For support please visit;  <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p>
<b>FINANCIAL SUPPORT:</b>			
<b>Provider:</b>	<b>Summary:</b>	<b>Comment:</b>	<b>Contact:</b>
	<p>Alongside <b>existing financial support programmes</b>, CWC is now offering emergency, Covid-19 <b>grants to care workers who are self-isolating or ill</b>.</p> <p>Grants are for those unable to work for one week (£250) or two weeks (£500).</p> <p>You can also apply for <b>funeral cost support</b> (£500) if you are responsible for paying for a funeral for next of kin.</p> <p>This grant may also be applied for by the next of kin of a care worker who has died.</p>	<p>If you are struggling financially because you cannot work this is one for you to look at.</p> <p>To be eligible you need to be <b>directly delivering care in a paid capacity and not in receipt of any other financial support</b></p>	<p>Access at  <a href="http://www.thecareworkerscharity.org.uk/covid-10-emergency-fund">www.thecareworkerscharity.org.uk/covid-10-emergency-fund</a></p>
<b>DISCOUNTS AND OFFERS:</b>			
<b>Provider:</b>	<b>Summary:</b>	<b>Comment:</b>	<b>Contact:</b>
	<p>The <b>discount service</b> for the Emergency Services, NHS, social care sector and Armed Forces.</p> <p>They provide discounts online and on the high street through a physical Blue Light Card. If you are in the UK's Emergency Services, NHS, social care sector or Armed Forces.</p>	<p>Useful for a wide variety of offers and discounts throughout a broad range of retailers, providers etc</p>	<p>The Blue Light Card costs £4.99 for 2 years  <a href="https://www.bluelightcard.co.uk/">https://www.bluelightcard.co.uk/</a></p>
	<p>Slimming World are excited to offer <b>virtual groups as a temporary alternative</b> until things get a little more back to normal. This keeps the sense of community and support they usually provide through these very unusual times.</p> <p>As a small thank you they would like to offer <b>all NHS staff</b> the opportunity to attend their virtual groups <b>free of charge</b>. All you need to do is provide their chosen Slimming World Consultant with your ESR number and they will be able to attend for free.</p>	<p>For anyone who wishes to lose weight this is a great chance to take advantage of a free and virtual opportunity</p>	<p>To use this offer search Slimming World for your local group They will ask for your 8-digit EEAST ID/payroll number and your trust email.</p>

 The logo for 'THE CINEMA SOCIETY' is displayed in a stacked format. 'THE' is in red, 'CINEMA' is in purple, and 'SOCIETY.' is in yellow.	<p>The Cinema Society offers discount cinema tickets to all our staff. During the COVID-19 lockdown they have teamed up with Rakutan TV to bring you movie rental at a discount price</p>	<p>For those who enjoy the movies and watching films this is great</p>	<p><a href="https://cinemasocietyclub.com/auth/login">https://cinemasocietyclub.com/auth/login</a></p>
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