

# Staff Wellbeing

## Resources to access for support and update

### Websites

#### E-Learning for Healthcare

The programme is freely available to colleagues working in the NHS, independent sector and social care. Coronavirus (COVID19) Wellbeing for Staff

[https://portal.e-lfh.org.uk/Catalogue/Index?HierarchyId=0\\_45016&programmId=45016](https://portal.e-lfh.org.uk/Catalogue/Index?HierarchyId=0_45016&programmId=45016)

The **NHS MindEd Covid-19 Resilience Hub** has launched.

Designed to be rapidly accessible and provide quick help to frontline workers, when they need it.

This will be continuously improved, adding new topics and audiences to the Hub.

<http://covid.minded.org.uk/>

#### Headspace

Coronavirus: NHS staff given free subscription to mindfulness app to help relieve stress during pandemic

[www.headspace.com/nhs](http://www.headspace.com/nhs)

#### Building your wellbeing and helping you cope during Covid-19

<https://www.nursingtimes.net/news/coronavirus/building-your-wellbeing-and-helping-you-cope-during-covid-19-02-04-2020/>

#### Covid-19 Workforce Wellbeing

NHS Practitioner Health: a selection of resources, videos, apps and access to support services

<https://www.practitionerhealth.nhs.uk/covid-19-workforce-wellbeing>

### BMJ Learning

In response to the rapidly evolving challenges posed by COVID-19, BMJ Learning are providing free access to their most relevant CPD online courses to update and refresh clinical knowledge for those supporting our healthcare systems.

#### Emotional Intelligence

<https://learning.bmj.com/learning/module-intro/.html?moduleId=10060745>

Understanding Resilience in the workplace

<https://learning.bmj.com/learning/module-intro/.html?moduleId=10060244>

Dealing with conflict

<https://learning.bmj.com/learning/module-intro/.html?moduleId=10060212>

Workload and time management

<https://learning.bmj.com/learning/module-intro/.html?moduleId=10060437>

Dealing with pressure in your foundation years

<https://learning.bmj.com/learning/module-intro/.html?moduleId=10062825>

## Mindfulness

One-to-one Mindfulness sessions by appointment in a room large enough to observe social distancing rules.

Group sessions also available via Microsoft Teams.

Mindfulness videos available on the KGH Staff App – Staff Zone Section

Sarah Fereday

Mindfulness and Wellbeing Practitioner (Monday– Thursday 08.30-4.30, Friday 08.00– 4.00)

[Kgh-tr.Mindfulness@nhs.net](mailto:Kgh-tr.Mindfulness@nhs.net)

Introductory article and tips from the NHS

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

To access the service, simply call  
**03303 800658**  
Or to find the full range of services available, visit  
**vivup.co.uk**

### Mental health support in difficult times

We would like to make you aware of our Employee Assistance Programme (EAP), to ensure that help is available to all of our employees, especially with the additional stress of COVID-19.

Please note the helpline is for mental health support and cannot provide any advice for COVID-19 health-related issues

\* Calls charged at local rates



## Staff support line

In the current climate of increasing pressures on our healthcare system, our NHS people potentially face significant stresses.

We have introduced a confidential staff support line, operated by the [Samaritans](#) and free to access **from 7.00 am – 11.00 pm, seven days a week.**



You can call for support, signposting and confidential listening.

**Call: 0300 131 7000**

Alternatively, you can text **FRONTLINE** to 85258 for support 24/7 via text.

## SilverCloud



SilverCloud Health is a leading digital mental health company. Our range of programmes are used globally by over 300 healthcare providers, health plans and employers.

The company's multi-award-winning digital mental health platform is a result of over 17 years of clinical research with leading academic institutions. The platform is validated through randomised control trials and real-world data from over 350,000 SilverCloud users.

They are offering free wellbeing support for all NHS staff and their families.

### How NHS staff and their families can get access

Access: Silvercloud

Use access code: NHS2020

## Unmind



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, fulfilment and nutrition.

They are offering free access to NHS staff until the end of December 2020, active now.

### How NHS staff can get access

Access: Unmind

Sign up with your NHS email address

Download the Unmind app from your app store

Your organisation name is 'NHS' – if you do not see your NHS email domain please contact [support@unmind.com](mailto:support@unmind.com) and include your email domain

## Daylight



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.

Big Health is offering free access to Daylight for all NHS staff until 31 December, active now.

### How NHS staff can get access

Access: Daylight

Answer a few short questions to tailor the programme to you

Sign up for an account using your name and email address

Download the Daylight app from your app store (search: Daylight- Worry less)

## Sleepio



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

Big Health is offering free access to Sleepio for all NHS staff until 31 December, active now.

### How NHS staff can get access

Access: Sleepio

Answer a few short questions to tailor the programme to you

Sign up for an account using your name and email address

Click 'Personalize Sleepio'

## Articles

*The following journal articles are available via the Library and Knowledge Service electronically or in print. Please follow links to access full text online, or contact the library.*

COVID-19: working within the limits of your competence

RCNi

<https://rcni.com/nursing-standard/careers/career-advice/covid-19-working-within-limits-of-your-competence-159046>

Exploring how mindfulness and self-compassion can enhance compassionate care

Nursing Standard. 31, 21, 55-63. doi: 10.7748/ns.2017.e10671

<https://journals.rcni.com/nursing-standard/exploring-how-mindfulness-and-selfcompassion-can-enhance-compassionate-care-ns.2017.e10671>

Developing resilience: the role of nurses, healthcare teams and organisations

Barratt C (2018) Nursing Standard. doi: 10.7748/ns.2018.e11231

<https://journals.rcni.com/nursing-standard/cpd/developing-resilience-the-role-of-nurses-healthcare-teams-and-organisations-ns.2018.e11231/full>

Effects of singing groups on staff well-being: a feasibility study

Skingley A, Ross L (2018) Nursing Standard. doi: 10.7748/ns.2018.e11024

<https://journals.rcni.com/nursing-standard/research/effects-of-singing-groups-on-staff-wellbeing-a-feasibility-study-ns.2018.e11024/full>

Implementing laughter therapy to enhance the well-being of patients and nurses

Tremayne P, Sharma K (2019) Nursing Standard. doi: 10.7748/ns.2019.e11064

<https://journals.rcni.com/nursing-standard/evidence-and-practice/implementing-laughter-therapy-to-enhance-the-wellbeing-of-patients-and-nurses-ns.2019.e11064/full>

Towards resilience and wellbeing in nurses

British Journal of Nursing Vol. 26, No. 1

<https://www.magonlinelibrary.com/doi/full/10.12968/bjon.2017.26.1.43>

The Royal College of Nursing

COVID-19 (Coronavirus) and your mental wellbeing

<https://www.rcn.org.uk/get-help/member-support-services/counselling-service/covid-19-and-your-mental-wellbeing>

Extra help during the virus crisis

The Nursing Times

<https://www.nursingtimes.net/from-our-sponsors/extra-help-during-the-virus-crisis-31-03-2020/>

Awareness of secondary traumatic stress in emergency nursing

Emergency Nurse. doi: 10.7748/en.2019.e1957

<https://journals.rcni.com/emergency-nurse/evidence-and-practice/awareness-of-secondary-traumatic-stress-in-emergency-nursing-en.2019.e1957/full>

All to play for: the need for resilience in nursing leaders

RCNi Comment posted 10 July 2019.

<https://rcni.com/nursing-management/opinion/comment/all-to-play-need-resilience-nursing-leaders-150956>

Resilience is vital for nursing leaders

RCNI Comment posted 16 October 2017.

<https://rcni.com/nursing-management/opinion/comment/resilience-vital-nursing-leaders-120996>

Death anxiety among emergency care workers

Emergency Nurse. 23, 4, 32-37. doi: 10.7748/en.23.4.32.e1448

<https://journals.rcni.com/emergency-nurse/death-anxiety-among-emergency-care-workers-en.23.4.32.e1448>

Leadership in the time of crisis

British Journal of Nursing Vol. 29, No. 7

<https://www.magonlinelibrary.com/doi/full/10.12968/bjon.2020.29.7.449>

For **access to online book resources** go to our catalogue at <https://kgh.koha-ptfs.co.uk>, Search for the book record by title, and then click on 'Click here to access online'. You will then be asked to login using your NHS OpenAthens username. If you don't have an OpenAthens account you can self register at <https://openathens.nice.org.uk/>

## KGH Knowledge and Library Service

**Phone:** 01536 492862

**Email:** [kgh-tr.library.index@nhs.net](mailto:kgh-tr.library.index@nhs.net)

**Library Website:**

<https://kghlibrary.koha-ptfs.co.uk>



[@KGHNHSLibrary](https://twitter.com/KGHNHSLibrary)

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