**Supporting the wellbeing and mental health of Front Line Staff during the COVID-19 period**

During the coronavirus (COVID-19) outbreak it is understandable that people might feel distressed. This includes feeling anxious, stressed, worried, sad, helpless, overwhelmed, confused or angry. It's important to remember it is OK to feel this way and that these feelings are an understandable reaction to very difficult circumstances. For many people this will be a reaction that resolves as the outbreak subsides.

To provide support during this period we want to provide Front line Staff with information about how to use the following resources.

1. **Every Mind Matters**

We would recommend that everyone makes use of the guidance and resources developed by Every Mind Matters. This is mental health platform created by Public Health England. It provides tips and advice developed with experts and approved by the NHS. This free resource can be accessed via the following link:

<https://www.nhs.uk/oneyou/every-mind-matters/>

Here you will find resources that are specific to concerns related to the COVID-19 outbreak including things that you can do if you are **worried about coronavirus** and how to **look after your mental wellbeing** while staying at home. You will also find access to a range of other helpful ideas to support you looking after your health and wellbeing more generally.

1. **SilverCloud: Free Mental Health Support for Front Line Staff**

Our IAPT services work closely with SilverCloud as a partner in providing digital mental health programmes. They have made some of the programmes free to Front Line staff to help ease your levels of stress and maintain a healthy mind during this challenging time. These programmes are self-directed and include:

**Sleep: Learn how to fall asleep faster and stay asleep with healthier habits**

**Stress: Manage stress & learn new coping skills**

**Resilience: Enhance wellbeing & your ability to bounce back from challenges**

These digital programmes can be accessed via the following link

<https://nhs.silvercloudhealth.com/signup/>

You can sign up for an account using your email address. When requested you should use the access code: **SWLSTG2020**

1. **Improving Access to Psychological Therapies (IAPT) Services**

For those who might need more support with problems with anxiety or low mood our local IAPT services can assess your support needs and provide evidence based treatments. If you live in one of these 3 local boroughs or have a GP in the borough, you can refer yourself to these services using the self-referral function. Our local IAPT services can be found using the following links for Merton, Sutton and Wandsworth:

**Merton** **Uplift**: <https://www.mertonuplift.nhs.uk/>

**Sutton Uplift**: <https://www.suttonuplift.co.uk/psychological-therapies>

**Talk Wandsworth:** <https://www.talkwandsworth.nhs.uk/>

Our IAPT services will continue to offer support during this outbreak and after it has subsided. Even if you choose not to use the support offered now please remember that we will be there to help when you need it.

The Trust does not provide IAPT services in Kingston and Richmond. If you live in the borough of Kingston or Richmond you can contact local IAPT services using the links below.

**Kingston**: <https://www.icope.nhs.uk/kingston/>

**Richmond**: <https://www.richmondwellbeingservice.nhs.uk/>