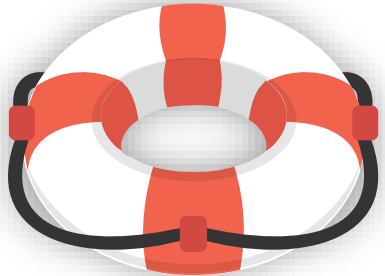


Ways to access support during COVID-19



Send the text 'FRONTLINE' to 85258 to start a conversation
Listening Line - For all NHS Staff – call 0300 131 7000 07:00-23:00
Bereavement and loss support call 0300 3034434 07:00-23:00

Help now

shout
for support in a crisis

SAMARITANS

hospiceUK

On-line

www.people.nhs.uk

A range of materials to support you and your teams perform under this pressure.

Webinars

Access to the latest information and support

<http://horizonsnhs.com/caring4nhspeople/>
<https://www.practitionerhealth.nhs.uk/>

Apps

Free access to psychological support – use your nhs.net email address to download

[Unmind](#)
[Headspace](#)
[Sleepio](#)
[Daylight](#)



SCAN ME

NHS
Practitioner Health

Self guided mental health support



SCAN ME

Silvercloud
<https://nhs.silvercloudhealth.com/signup/>
use the code
NHS2020

Common Rooms

Meet other professionals in a safe and guided space. Get support and share your experiences.

<https://people.nhs.uk/help/>

NHS
Practitioner Health