

There is a range of emotional wellbeing and mental health support available to health and care workforce and volunteers. Here are just some of the key services you may find particularly useful.

Get practical and self-help advice

- Check out the Healthy Surrey website at healthysurrey.org.uk for further information on self-care, wellbeing advice, and training
- You can access a range of wellbeing apps, including some that are free to NHS workers: Daylight| Silvercloud | Unmind | Headspace | Sleepio
- The NHS Coronavirus Staff Resilience Hub at covid.minded.org.uk has comprehensive resources aimed at coping with the pandemic
- Look at your own organisation’s intranet too to see what else is available to you.

Get emotional support

- Call the Health and Care Worker Hotline:
 - NHS (Frontline) Tel: 0300 131 7000 or Text FRONTLINE to 85258 (7am-11pm, daily)
 - All other keyworkers: Tel: 116 123 Text KEYWORKER to 85258
- Visit the new Virtual Wellbeing Hub (See healthysurrey.org.uk/virtualwellbeing) to join community activities ranging from coffee mornings to Zumba classes, all from the comfort of your own home
- Make use of your organisation’s internal support, if available: e.g. *Supervision; Occupational Health for workplace health assessments; Staff helplines and counselling services and resources; Psychological first aid schemes; Chaplaincy services for spiritual support; Team reflection or buddy systems; Staff Networks e.g. LGBT or BAME.*

More help

Treatment and support you can refer yourself to for specific issues. See www.healthysurrey.org.uk/mental-wellbeing/adults/local-services for service details.

- Bereavement support – if you have experienced a loss in the last six months
- Talking therapy – short term psychological therapy for people with anxiety or depression (IAPT services)
- Problem drug and alcohol use – if you’re worried about your drinking affecting your daily life

Your GP can also refer you to your local borough’s Community Mental Health Recovery Service.

Crisis help

For if you feel your mental health is at breaking point. See www.healthysurrey.org.uk/mental-wellbeing/adults/crisis for service details.

Safe havens	Visit an evening and weekend mental health Safe Haven to speak to someone. No appointment needed	Most are open 6pm-11pm, 365 days a year. Locations at www.sabp.nhs.uk/safehaven
Mental health crisis line	For advice and support and guidance in times of distress	Call 0800 415 9644 (24 hours)