



Mental Health and Wellbeing Resources

You are likely to be under increased pressure over this period and you will need appropriate support. It is going to be crucial that we are all able to talk openly and honestly about our mental health and wellbeing and we know how to get help and support when we need it.

We've pulled together a range of information, links and tools which you can access.

Self Care

- Take care of your basic needs at work. Eat and drink regularly and healthily. Always take regular breaks during shifts
- Make sure you are getting your news from trusted sources and limit your exposure to social media if you find it is heightening your anxiety
- Maintain, where possible, your normal daily routine and a healthy diet, and get fresh air when you can. Avoid using unhelpful coping strategies that involve alcohol, tobacco or an unhealthy diet.
- Stay connected to family and friends by phone, email or video calls
- Think about creating a consistent routine to ensure you get the amount of sleep you need, but also about ensuring your bedroom is quiet, dark and a relaxing environment to sleep in.
- It is perfectly normal to feel worried during exceptional times such as these. However, if you are starting to feel overwhelmed, it's important to acknowledge your feelings and speak to someone you trust, whether that's a friend, a family member, or a colleague. There's lots of different contacts, websites, apps and helplines later in this message.

Looking after each other

- Be kind to each other. This can have a profound impact on staff wellbeing.
- Speak to colleagues, line managers and professional leaders, building this into your team's daily huddles and handovers. They may be feeling the same way. It's good to talk. Peer and social support are often the best buffers against stress and adversity.
- Look out for each other and share small successes about what's gone well.
- Use the Going Home checklist (<https://bit.ly/2yFdD2B>), where relevant, to leave work in work.
- Not all of you will be 'talkers'. That's OK too but make sure you give yourself space to process the events of the day and deal with your feelings.

Chaplaincy Service

The **Department of Spiritual Care** offers support to staff by creating opportunities to talk about the issues that matter most and the impact that work has on us all. At a time like this people may have lots of questions about conflicted values and the meaning of life and the department of spiritual care is uniquely placed to help address some of these difficult topics.

- **North Highland** - You can contact by calling 01463 704 463 during office hours. Out of hours call 01463 704 000 and ask for the duty chaplain.
- **Oban, Lorn & Mull** – call 07989 350 626 or email: robert.macloed2@nhs.net
- **Campbeltown / Kintyre** – call 07970 753 882 or email: andrea.holden@nhs.net
- **Bute, Cowal, Helensburgh, Lochgilphead, Islay** call 07580 533 400 or email: raymond.deans@nhs.net

NHS Highland Occupational Health and Wellbeing Service

The service's normal psychological support is currently operating in a limited capacity due to organisational needs for colleague COVID-19 testing, COVID-19 Health Risk Assessments, and pre-employment health checks for new and returning colleagues and volunteers.

Self referrals for psychological support can still be made using the online form on the intranet. Referrals may take longer to handle at this time and will be by telephone or **Near Me** - <https://bit.ly/34kXdZ8> (NB: This link will only work on a device with internal network access).

Further Support coming soon

We are just signing contracts with **Validium**, our **Employee Assistance Programme (EAP)**, and hope to have this service live for colleagues to access by the end of April.

Our EAP will include counselling and work/life services that allow colleagues to address issues or concerns in a confidential space, managed outside of the working environment.

Free Access to Mental Wellbeing Apps and Websites

Until the end of December 2020, NHS colleagues can sign up for Free to the following wellbeing apps.

The process to sign up to each app is set out on the **NHS Employers** website:
<https://bit.ly/2Xgt2Re>



unmind

Improve your mental wellbeing including stress, sleep, coping, connection, fulfillment and nutrition



headspace

Mindfulness and meditation, to reduce stress, build resilience, and aid better sleep

Sleepio

A sleep improvement programme

daylight

For worry and anxiety



SilverCloud

With access available via their website, **SilverCloud** provides access to sleep, stress and building resilience programmes. Use the code **NHS2020** when signing up - <https://bit.ly/2V7kXM9>

Helplines and websites for staff

Helplines

Breathing Space - 0800 83 85 87

NHS 24 – 111

Samaritans - 116 123

Drinkline – 0300 123 1110

Know the Score (drugs helpline) – 0333 230 9468

Websites

NHS Inform – key information and guidance on Covid-19 - <https://bit.ly/3c01ALQ>

Mental Health Support

Mind - <https://bit.ly/2JOH58B>

Mental Health Foundation - <https://bit.ly/2VdPsjm>

Support in Mind - <https://bit.ly/3e1Ytod>

Breathing Space - <https://bit.ly/34gfEy6>

Substance Use Support

Know the Score - <https://bit.ly/3c6WQUq>

Highland Substance Awareness Toolkit - <https://bit.ly/2RpSvnE>

Highland Alcohol and Drugs Partnership support pages - <https://bit.ly/2UT3M1V>

Argyll & Bute Alcohol and Drugs Partnership support pages - <https://bit.ly/34oYqyH>

Scottish Drugs Services - <https://bit.ly/2xZb4lo>

Smart Recovery (support for any addictive behaviour) - <https://bit.ly/3c5LYXa>

National resources

There are some great tools and information available via NHS Education for Scotland (NES). This includes some great visuals to help us **understand our reactions, deal with our emotions and maintain coping strategies and resilience** during this time. These can be downloaded and printed - <https://bit.ly/2Xh8FTT>

Further resources are available on:

- Specific information for ICU colleagues - <https://bit.ly/2Rlmxc3>
- Staying safe and well guide to Caring for Covid 19 patients - <https://bit.ly/2UNihEq>
- Information on how to cope with worry and isolation - <https://bit.ly/2JOJIYi>
- The Robertson Cooper site has a range of information and tools to help support colleagues and managers over this time - <https://bit.ly/39MJJGJ>

Resources to help us continue to support our patients

- Specific information to help you support those in self-isolation - <https://bit.ly/39K0xOw>
- Psychological First Aid Module available via Turas Learn - <https://bit.ly/2xbPWOX>
- Amy Cunningham, who developed the Compassion Fatigue Training Program in the US, presents a TEDx Talk about looking after ourselves - <https://bit.ly/2VdXMjn>

There is also a **dedicated compassion fatigue site** including links to a TEDx talk and some resources and links - <https://bit.ly/3aR5G8R>

Aimed at Health and Social Care workers, this is a humane, supportive and flexible response to people who are in distress or suffering during and after this crisis

Dealing with death at work

Whether you are experiencing death for the first time as a student, or have experienced it many times over your career, it is never easy to process.

During the COVID-19 outbreak, healthcare professionals may be exposed to multiple deaths, and the psychological impact of this must not be underestimated. Here is some helpful advice on coping with the death of a patient - <https://bit.ly/3dZZUd>

The Royal College of Nursing have provided also a blog article written by Sarah Murphy, RCN Counsellor, offering her advice on coping with the death of a patient - <https://bit.ly/3dZZUd>