

Kent and Medway STP

# Health and Well Being Resources Directory

Covid -19 Pandemic

Developed by the System Leadership and OD Network – by the system for the system. 2020  
With thanks to Lydia Ashman for her editing skills.

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## Our Health and Wellbeing Offer



This is a generic HWB offer across Kent and Medway STP, which links the national and local organisational offers together. It excludes PPE, Kit and access to swabbing and testing as these are being lead through other Coivid-19 working groups in Kent and Medway. An audit was undertaken in April to ensure that all NHS organisations in Kent & Medway had these services in place and to share best practice. Work is ongoing to secure a full trauma support from KMPT.

## Resources available for Staff in Kent and Medway

General advice about Covid-19		
Provider	Description	Access
Public Health England	COVID-19: guidance for households with possible coronavirus infection.	To view, <a href="#">Click here</a>
World Health Organisation	Coronavirus disease (COVID-19) advice for the public.	World Health Organisation: <a href="#">Covid-19 home page</a> Advice for the public: <a href="#">Click here</a>
Government	Guidance from the government on what to do during the pandemic.	Government Guidance <a href="#">home page</a>
Health and Safety Executive	Information and advice on the Coronavirus.	Health and Safety Executive latest information <a href="#">click here</a>
The Interfaith Network	A number of IFN member bodies have issued guidance on COVID-19.	Latest guidance can be found <a href="#">here</a> .
NHS England and NHS Improvement	Symptoms, mode of transmission, case/contact definition and situational reports.	NHS England Covid-19 <a href="#">home page</a>
NHS England and NHS Improvement	Advice for people at higher risk from coronavirus, including older people, people with health conditions and pregnant women. NHS information and advice about coronavirus (COVID-19), a new illness that affects your lungs and airways.	People at higher risk from coronavirus. <a href="#">Click here</a> NHS Coronavirus <a href="#">home page</a>
Department of Health and Social Care	Covid-19: Action Plan for Adult Social Care.	To view, <a href="#">Click here</a>
NHS England and NHS Improvement	Guidance for those working in care homes providing information on how to work safely during this period of sustained transmission of COVID-19.	<a href="#">Click</a>

## General advice about Covid-19

### Mental Health and Well-being Guidance

Provider	Description	Access
Public Health England	Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19).	<a href="#">Click here</a>
World Health Organisation	Mental health and psychosocial considerations during the COVID-19 outbreak.	<a href="#">Click here</a>
NHS England and NHS Improvement	Guidance for public on mental health and well-being.	<a href="#">Click Here</a>
Public Health England	Guidance on mental health and well-being during Covid 19.	<a href="#">Click here</a>
Public Health England	Guidance on supporting children and young people On mental health and well-being.	<a href="#">Click here</a>
Public Health England	Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic.	<a href="#">Click here</a>
Department for Education	Help children with SEND continue their education during coronavirus (COVID-19)	<a href="https://www.gov.uk/guidance/help-children-with-send-continue-their-education-during-coronavirus-covid-19">https://www.gov.uk/guidance/help-children-with-send-continue-their-education-during-coronavirus-covid-19</a>
NHS Employers	Summary of support available for NHS staff	<a href="#">To read, click here.</a>

Self-Care		
General		
Provider	Description	Access
BBC	The BBC has created a simple guide on staying safe.	To access, <a href="#">click here</a>
Carers UK	Guidance for carers about the importance of self-care	To access, <a href="#">Click here</a>
NHS Spartanburg Regional Healthcare System	NHS Guidance on handwashing. Washing your hands: The purple paint demonstration.	To watch guidance, <a href="#">click here</a>  Purple paint demonstration, <a href="#">click here</a>
NHS Employers	Self-help for managing fatigue.	To access, <a href="#">Click here</a>

## Self-Care

### Mental Health and Well-Being

Provider	Description	Access
Action for Happiness	The COVID-19 pandemic is putting the wellbeing of millions of people at risk. At this difficult time for the global community we can each play a vital role in helping to reduce the impact and look after ourselves and each other.	<a href="https://www.actionforhappiness.org/news/covid-19-how-to-respond">https://www.actionforhappiness.org/news/covid-19-how-to-respond</a>
Young Minds	Whether you want to know more about how you're feeling, get information about a mental health condition or know what support is available to you, our guides can help.	<a href="https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health">https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health</a>
New Economics	Five ways to well-being.	<a href="https://neweconomics.org/2008/10/five-ways-to-wellbeing">https://neweconomics.org/2008/10/five-ways-to-wellbeing</a>
NHS	Series of mental wellbeing audio guides to help you boost your mood.	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/">https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/</a>

Self-Care		
Mental Health and Well-Being		
Provider	Description	Access
NHS Choices	Paying more attention to the present moment, to your own thoughts and feelings, and to the world around you, can improve your mental wellbeing. You can check your mood using this simple mood self-assessment quiz.	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/">https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/</a> Mood assessment quiz, <a href="#">click here</a>
Royal Surrey NHS Foundation Trust	Psychological Wellbeing through Covid: Video One - Coping with Fear and Anxiety.	To watch, <a href="#">click here</a>
Royal Surrey NHS Foundation Trust	Psychological Wellbeing through Covid: Video Two - Moral Injury.	To watch, <a href="#">click here</a>
Royal Surrey NHS Foundation Trust	Psychological Wellbeing through Covid: Video Three – Team working.	To watch, <a href="#">click here</a>
Royal Surrey NHS Foundation Trust	Psychological Wellbeing through Covid: Video Four - Keeping Psychologically Safe in a Crisis.	To watch, <a href="#">click here</a>
King's Fund	A short article by Simon Newitt that takes you through how to manage and renew your physical, mental and emotional energy and avoid burnout during Covid-19.	To read, <a href="#">click here</a>
King's Fund	Managing anxiety about loss	<a href="#">To read, click here</a>
Calm	Calm is offering free online tools and resources for if you are feeling anxious.	Calm Home page - <a href="https://www.calm.com/">https://www.calm.com/</a>

Self-Care		
Mindfulness and meditation		
Provider	Description	Access
The Tim Ferriss Show	Jack Kornfield — How to Find Peace Amidst COVID-19, How to Cultivate Calm in Chaos	<a href="https://tim.blog/2020/03/12/jack-kornfield-covid19/">https://tim.blog/2020/03/12/jack-kornfield-covid19/</a>
Mental Health Organisation	The Mental Health Foundation website content on Mindfulness.	<a href="https://www.mentalhealth.org.uk/a-to-z/m/mindfulness">https://www.mentalhealth.org.uk/a-to-z/m/mindfulness</a>
Mindful Net	Website describing what mindfulness is and how to do it, including the benefits of mindfulness, what it involves, who is it for, how is it practiced and videos describing what mindfulness is.	<a href="http://mindfulnet.org/page2.htm">http://mindfulnet.org/page2.htm</a>
Mental Health Foundation	The Mental Health Foundation website content on Mindfulness.	<a href="https://www.mentalhealth.org.uk/a-to-z/m/mindfulness">https://www.mentalhealth.org.uk/a-to-z/m/mindfulness</a>
Mind	Provides information on mindfulness, how to practice it and how it can help with mental health problems.	<a href="#">Click here.</a>
Ten per cent	Blog and meditations. Coronavirus Sanity Guide.	<a href="https://www.tenpercent.com/coronavirussanityguide">https://www.tenpercent.com/coronavirussanityguide</a>

Self-care		
Stress relief		
Provider	Description	Access
The Insight timer	The Insight Timer app offers a collection of free guided meditations for anxiety, stress and much more.	<a href="https://insighttimer.com/">https://insighttimer.com/</a>
Calm	Bitesize stress management for healthcare professionals.	<a href="https://www.covidcalm.org/">https://www.covidcalm.org/</a>
Zero to Three	With these activities and experiences at-the-ready, you can feel less stressed and more prepared!	<a href="https://www.zerotothree.org/resources/3264-at-home-activity-guide">https://www.zerotothree.org/resources/3264-at-home-activity-guide</a>
Stress Management Society	Resources to help individuals and companies recognise and reduce stress.	<a href="https://www.stress.org.uk/">https://www.stress.org.uk/</a>
Tara-Nicholle Nelson	Receive every day for the next 40 days, a one-minute message to start your day out in inner peace.	<a href="https://soultour.com/dailydose/">https://soultour.com/dailydose/</a>
Andrew Weil	Andrew Weil demonstrates a speedy intervention for bodily calm. The 4-7-8 breathing technique (also known as the Relaxing Breath) is the perfect, portable stress antidote.	<a href="https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/">https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/</a>

Self Care		
Relationships		
Provider	Description	Access
Habits for wellbeing	From 'The 7 Habits of Highly Effective People': Powerful Lessons in Personal Change – the circle of concern and influence. Focus on what you can control and don't waste time on things that you cannot control.	<a href="https://www.habitsforwellbeing.com/the-circle-of-concern-and-influence/">https://www.habitsforwellbeing.com/the-circle-of-concern-and-influence/</a>
Dr. Brené Brown – Ted Talk	Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.	To watch the Ted Talk, <a href="#">click here</a>
Dr. Brené Brown is a research professor at the University of Houston	Various discussions – on loneliness and connection.	The podcast can be accessed via apple, android or other means. Alternatively, <a href="#">click here</a>
St George's Hospital	A 6-minute film by Dr Ellie Atkins, a clinical psychologist relating to grief and bereavement.	<a href="https://m.youtube.com/watch?feature=youtu.be&amp;v=eR_DiwR8-YI">https://m.youtube.com/watch?feature=youtu.be&amp;v=eR_DiwR8-YI</a>
Embodied Connection	Building deep, alive and resilient relationships in all areas of your life. Free Online Event May 16 – 20, 2020	<a href="https://embodiedconnectionconference.com/">https://embodiedconnectionconference.com/</a>
Relate	COVID-19: our advice and tips for healthy relationships	<a href="#">To read, click here.</a>
BACP	Coronavirus: Tips for couples if lockdown is affecting your relationship	<a href="#">To read, click here.</a>

Self-Care		
Children		
Provider	Description	Access
Place 2 be	Guide to helping parents answer questions from their children and to support family wellbeing	<a href="https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/">https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/</a>
UNICEF	8 tips on how to talk to your children about Coronavirus.	<a href="https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19">https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19</a>
Mind Heart	An interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic	<a href="https://www.mindheart.co/descargables">https://www.mindheart.co/descargables</a>
BBC	BBC Newsround video from Dr Chris and Dr X and from Operation Ouch to answer children's questions on coronavirus.	<a href="https://www.bbc.co.uk/newsround/51861089">https://www.bbc.co.uk/newsround/51861089</a>
ChildLine	Keeping children calm - Breathing exercises, activities, games and videos to help children let go of stress.	<a href="https://www.childline.org.uk/toolbox/calm-zone/">https://www.childline.org.uk/toolbox/calm-zone/</a>
Blissfulkids	Mindfulness - mindfulness games for children.	<a href="https://blissfulkids.com/mindful-games-mindfulness-for-kids-and-teens/">https://blissfulkids.com/mindful-games-mindfulness-for-kids-and-teens/</a>
ChildLine	Keeping children calm - Breathing exercises, activities, games and videos to help children let go of stress	<a href="https://www.childline.org.uk/toolbox/calm-zone/">https://www.childline.org.uk/toolbox/calm-zone/</a>
Joe Wicks	Joe Wicks PE: Live PE sessions with Joe Wicks, Monday to Friday at 9am	<a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>
BBC	Lots of free videos and helpful information s on a number of topics for children.	<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>
Oxford University Press	Educational resources and free eBooks to support children's learning at primary school and at home, from Oxford University Press.	<a href="https://www.oxfordowl.co.uk/">https://www.oxfordowl.co.uk/</a>
BBC	Dr Xand and Dr Chris video on Corona Questions – dispelling myths about the coronavirus for young people.	<a href="https://www.bbc.co.uk/newsround/51861090">https://www.bbc.co.uk/newsround/51861090</a>

Self-Care		
Children		
Provider	Description	Access
Young Minds -	Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing	<a href="https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/">https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/</a>
International Blog	21 Tips on working from home with Kids.	<a href="https://open.buffer.com/integrating-work-family-21-tips-working-home-kids/">https://open.buffer.com/integrating-work-family-21-tips-working-home-kids/</a>
Zero to Three	The Importance of Self-Care for parents of young children at home during the COVID-19 Outbreak.	Zero to Three resources, <a href="#">click here</a>
First Things First	Advice for parents with babies, toddlers and pre-schoolers during this period of social distancing.	<a href="https://www.firstthingsfirst.org/first-things/parenting-in-the-time-of-coronavirus/">https://www.firstthingsfirst.org/first-things/parenting-in-the-time-of-coronavirus/</a>
Dr. Stroud	Top tips for parents - informational video for parents in order to support caregivers in managing the emotional responses and developmental needs of their children during the Coronavirus.	<a href="https://www.youtube.com/watch?v=MdKeau2huT4&amp;feature=youtu.be">https://www.youtube.com/watch?v=MdKeau2huT4&amp;feature=youtu.be</a>
Place2B	Coronavirus: looking after your family's mental health while staying at home	<a href="#">To read, Click here.</a>
ChatterPack	A list of free, online, boredom-busting resources!	<a href="https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home">https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home</a>
Inege	Animation & Story Book Explaining the Coronavirus to Children	<a href="#">Click here.</a>
National Autistic Society - National Autistic Society schools	Guidance and helpline for parents', young people and staff	NAS Guidance, <a href="#">click here</a> Phone: 0800 046 8687 Email: <a href="mailto:DfE.coronavirushelpline@education.gov.uk">DfE.coronavirushelpline@education.gov.uk</a> Opening hours: 8am to 6pm (Monday to Friday)

Self-Care		
Exercise and recreation		
Provider	Description	Access
NHS	A range of exercise options to keep up your fitness levels during lockdown.	<a href="https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/">https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/</a>
The Body Coach	Joe Wicks daily exercises.	<a href="https://www.youtube.com/user/thebodycoach1/featured">https://www.youtube.com/user/thebodycoach1/featured</a>
NHS	Physical activity apps - NHS activity apps to help you boost your physical activity in 10-minute bursts and a couch to 5k routine.	<a href="https://www.nhs.uk/oneyou/apps/">https://www.nhs.uk/oneyou/apps/</a>
NHS change for Life	Staying active - Children will love these Disney inspired Shake Up games. 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!	<a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a>
Travel and leisure	Virtual museum tours - 12 famous museums that offer virtual museum tours that you can take from the sofa.	<a href="https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours">https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours</a>

## Apps and helplines

### Mental Health and Well-being

Provider	Description	Access
NHSE/I	Supporting our people. Helping you manage your own health and wellbeing whilst looking after others. In the current climate of increasing pressures on our healthcare system, our NHS people potentially face significant stresses.	<a href="https://people.nhs.uk/help/">https://people.nhs.uk/help/</a>
Samaritans	Confidential staff support line, operated by the Samaritans.	<a href="tel:+44-0300-131-7000">tel:+44-0300-131-7000</a> - and free to access from 7.00 am – 11.00 pm, seven days a week.
Shout	Text service.	Text FRONTLINE to 85258 for support 24/7 via text.
Hospice UK	A team of fully qualified and trained bereavement specialists are available to support you with bereavement and wellbeing issues relating to loss experienced through your work	<b>New dedicated bereavement support line:</b> 0300 303 4434 (7am-11pm) Hospice UK and free to access from 8:00am – 8:00pm, seven days a week.
Silvercloud	<b>Wellbeing Apps</b> SilverCloud Health is a leading digital mental health company. They are offering free wellbeing support for all NHS staff and their families.	<a href="https://nhs.silvercloudhealth.com/signup/">https://nhs.silvercloudhealth.com/signup/</a> Use access code: NHS2020
Unmind	Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing.	<a href="#">Sign up</a> with your NHS email address
Headspace	Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.	<a href="#">Sign up</a> with your NHS email address
Dayligh		

## Apps and helplines

### Mental Health and Well-being

Provider	Description	Access
Sleepio	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.	<a href="https://onboarding.trydaylight.com/daylight/access/100#1/1">https://onboarding.trydaylight.com/daylight/access/100#1/1</a>
nhs.people.uk	<p>Sleepio is a clinically evidenced sleep improvement, using cognitive behavioural techniques to help improve poor sleep.</p> <p>Specific guidance for employers with resources to support their staff:</p> <p>This guide for employers gives an insight into the context, challenges and resources supporting financial wellbeing</p>	<p><a href="https://onboarding.sleepio.com/sleepio/access/77#1/1">https://onboarding.sleepio.com/sleepio/access/77#1/1</a></p> <p><a href="https://people.nhs.uk/guides/financial-wellbeing/">https://people.nhs.uk/guides/financial-wellbeing/</a></p>
NHS Practitioner health	Virtual Staff Common Rooms	<a href="https://www.practitionerhealth.nhs.uk/upcoming-events">https://www.practitionerhealth.nhs.uk/upcoming-events</a>

## Apps and helplines

### Mental Health and Well-Being

Provider	Description	Access
Every Mind Matters	Taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19).	<a href="https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/">https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/</a>
Mind	Mind’s information hub provides advice on how to support your mental wellbeing during this period. This includes practical advice on coping with staying at home, tips for employers on supporting yourself and your team, and updates on how the new coronavirus laws could affect your rights. If you're a young person struggling at this time, we've also got some information for you.	<a href="https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</a>
Mental Health Foundation	The Mental Health Foundation is part of the national mental health response providing support to address the mental health and psychosocial aspects of the coronavirus outbreak.	<a href="https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a>
Mental Health UK	Managing your mental health during the coronavirus outbreak. Find information and tips for managing your mental health during the coronavirus outbreak.	<a href="https://mentalhealth-uk.org/help-and-information/covid-19-and-your-mental-health/">https://mentalhealth-uk.org/help-and-information/covid-19-and-your-mental-health/</a>
Various Mental Health Providers	Range of helplines to support your mental health and well-being.	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</a>
Public Health England Every Mind Matters	Copying with anxiety. Support and guidance on taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19).	Every Mind Matters - <a href="#">anxiety</a> Every mind matters – <a href="#">Staying at home Tips</a>
Rethink Mental Health	An online hub to provide practical support and information that is useful for people living with, or supporting people with mental illness.	<a href="https://www.rethink.org/advice-and-information/covid-19-support/">https://www.rethink.org/advice-and-information/covid-19-support/</a>

## Apps and helplines

### Mental Health and Well-Being

Provider	Description	Access
Samaritans	The coronavirus outbreak is affecting the way many of us live our lives, and it's normal that this will affect people's mental health. Access to some resources that might be helpful for anyone struggling with the changes at this time.	<a href="#">To read, click here</a>
Penny Appeal	Listening helpline. Helpline Practitioners for support during the Covid-19 pandemic.	<a href="https://pennyappeal.org/appeal/At-Home/listeningline">https://pennyappeal.org/appeal/At-Home/listeningline</a> Helpline Practitioners on phone: <b>0300 303 1360</b>
Cruse	Cruse Bereavement Care is here to support you after the death of someone close.  The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when we're open until 8pm. Tips to support you to manage your grief.	If someone you know has died and you need to talk, call us freephone on <b>0808 808 1677</b> . email <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a>  <a href="https://www.cruse.org.uk/get-help/about-grief/about-bereavement">https://www.cruse.org.uk/get-help/about-grief/about-bereavement</a> <a href="https://www.cruse.org.uk/get-help/about-grief/supporting-yourself">https://www.cruse.org.uk/get-help/about-grief/supporting-yourself</a>
Release the Pressure	Free expert advice from trained counsellors is available for every mental health concern, including: Anxiety, depression, low self-esteem, money worries, relationship troubles, stress, suicidal thoughts.	<b>Text the word Kent or the word Medway to 85258</b>  You can also call <b>Release the Pressure on 0800 107 0160</b> , 24 hours a day, 7 days a week.
Autistica	Impacts of Coronavirus for autistic employees	<a href="https://www.autistica.org.uk/news/impacts-of-covid-19-for-autistic-employees">https://www.autistica.org.uk/news/impacts-of-covid-19-for-autistic-employees</a>
Alzheimer's Society	Coronavirus: Information for people affected by dementia	<a href="https://www.alzheimers.org.uk/get-support/coronavirus-covid-19">https://www.alzheimers.org.uk/get-support/coronavirus-covid-19</a>

## Apps and helplines

### Domestic Abuse Helplines

Provider	Description	Access
Domestic Abuse Services	Domestic abuse includes physical, emotional and sexual abuse in couple relationships or between family members. Domestic violence can happen to anyone. You can still get help even during isolation, so If you feel uncomfortable, pressurised, threatened or have been attacked don't wait, ask for help now.	<a href="http://www.domesticabuseservices.org.uk/victims/where-can-i-get-help/">http://www.domesticabuseservices.org.uk/victims/where-can-i-get-help/</a>
Police		If you or your family are in immediate danger don't be afraid to call the police on <a href="tel:999">999</a> .
Kent Police		Kent Police on the non-emergency telephone number <b>101</b> or visit your local police station to speak with an officer in confidence.
Domestic Violence Helpline		Alternatively, you can contact the Freephone 24 hour National Domestic Violence Helpline run in partnership between <b>Women's Aid and Refuge on 0808 2000 247</b> or the <b>Men's Advice Line on 0808 801 0327</b> .
ChildLine		Children and young people can call ChildLine 24/7. Calls to <b>0800 1111</b> are free and confidential. You can also get information at ChildLine online <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>
Home Office	Coronavirus (COVID-19): support for victims of domestic abuse	UK Gov support for victims of domestic abuse, <a href="#">click here</a>
Save Lives ending Domestic Abuse	Various support links and guidance on how to deal with domestic abuse individually or as an employer.	<a href="https://safelives.org.uk/news-views/domestic-abuse-and-covid-19">https://safelives.org.uk/news-views/domestic-abuse-and-covid-19</a>
Relate	Information via blogs, advice and tips for helping your relationships stay healthy during the pandemic	<a href="https://www.relate.org.uk/relationship-help/covid-19-advice-and-information">https://www.relate.org.uk/relationship-help/covid-19-advice-and-information</a>

## Apps and helplines

### Financial Advice / Help

Provider	Description	Access
Citizens Advice	Help with debt. Our network of independent charities offers confidential advice online, over the phone, and in person, for free. Guides on benefits available through Covid -19 and what you can do about paying your bills.	To contact Citizens advice, <a href="#">click here</a> Financial advice, <a href="#">click here</a> Guidance on benefits, <a href="#">click here</a> Money advice, <a href="#">click here</a>
Money Advice Service	Free and impartial money advice, set up by the government. Advice and guides to help improve your finances. Tools and calculators to help keep track and plan ahead. Guidance about your rights and the Coronavirus.	Money Advice Service <a href="#">Home Page</a> ; <a href="#">Covid-19 advice</a> Start a webchat online – <a href="#">click here</a> or call us on 0800 138 1677.
National Debt Line	Advice on debt and financial wellbeing during the Coronavirus.	<a href="https://www.nationaldebtline.org/">https://www.nationaldebtline.org/</a> Covid 19 help from the <a href="#">National Debt line</a> Call us on <b>0808 808 4000</b> or webchat with an adviser Monday to Friday: 9am - 8pm, Saturday: 9:30am -1pm
Step Change Debt Charity	Free debt advice online during the Coronavirus.	Step change <a href="#">Home page</a> ; <a href="#">Debt info</a> ; <a href="#">Contact us</a> Helpline (0800 138 1111)

## Apps and helplines

### Children

Provider	Description	Access
Barnardo's	A guide to support you to talk to you children about coronavirus.	Barnado's guidance, <a href="#">click here</a>
The British Psychological Society	Coronavirus and UK schools closures: Support and advice for schools and parents/carers	<a href="https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Coronavirus%20and%20UK%20schools%20closures%20-%20support%20and%20advice.pdf">https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Coronavirus%20and%20UK%20schools%20closures%20-%20support%20and%20advice.pdf</a>
Young Minds	Advice on looking after your mental health during Coronavirus	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a> <a href="https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/">https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/</a> <a href="https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/">https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/</a>  Parents Helpline for free. We're open Monday-Friday from 9.30am-4pm and you can reach us <b>on 0808 802 5544.</b>
Mind	Coronavirus and your wellbeing – for young people	<a href="https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/</a>
National Autistic Society	Latest guidance on coronavirus and our handy top tips for dealing with its impact.	<a href="https://www.autism.org.uk/services/helplines/coronaviruses/resources.aspx">https://www.autism.org.uk/services/helplines/coronaviruses/resources.aspx</a>

## Local helplines and services

### Kent County Council

Provider	Description	Access
Live Well Kent	<p>Live Well Kent provides help to improve your mental, physical health and wellbeing. It is a free service for anyone over 17.</p> <p>Advice about keeping active and healthy, meeting people, everyday living ( including Managing your money, debt and benefits, housing support and guidance, improving your relationships, accessing counselling and free Apps.</p>	<p><a href="https://livewellkent.org.uk/">https://livewellkent.org.uk/</a> phone: <b>0800 567 7699</b></p> <p><a href="https://www.nhs.uk/oneyou/apps/#row-217#D3zg3qwM9uCBM4Xu.97">https://www.nhs.uk/oneyou/apps/#row-217#D3zg3qwM9uCBM4Xu.97</a></p>
Kent County Council	Coronavirus - Resources to help keep you active	<a href="https://www.kentsport.org/coronavirus/">https://www.kentsport.org/coronavirus/</a>
Kent County Council	<p>Coronavirus Community Support helpline for people living in Kent.</p> <p>24 hour helpline to support vulnerable people in Kent who need urgent help, supplies or medication. If you are vulnerable and have an urgent need that cannot be met through existing support networks, you can contact the Kent Together helpline through the website or number below. You can access help with: making sure you have enough food and supplies, walking your dog, picking up prescriptions, putting out the bins, taking in parcels, making sure you have someone to talk to (by phone, Skype or Facetime), checking if any planned appointments have been cancelled before you travel, helping to make sure you have simple recipes to hand, preparing meals for the freezer.</p>	<p>Kent Together <a href="#">home page</a> KCC self-service form, <a href="#">click here</a> If you're unable to use our online form, call our helpline on <b>03000 41 92 92</b> (text relay <b>18001 03000 41 92 92</b>)</p>

## Local helplines and services

### Medway Council

Provider	Description	Access
Medway Council	Keeping busy and active - If you are a library member can you download eBooks and eAudiobooks free of charge using the Libby app from Overdrive.	To listen, <a href="#">click here</a>
Medway Council	Daily online activities including mindfulness classes, intro to exercises, family lifestyle hacks, stop smoking support, Little Food Explorers: introducing solids, Make Tea Together, Breastfeeding support, Little Chefs at Home: family cooking with the little ones.	For home learning resources, <a href="#">click here</a>
Medway Council	Get active, take notice, keep learning and connect with your family - 100 ideas for things you can do in your back garden.	For helping children to cope, <a href="#">click here</a>
Medway Council	Daily activities to maximise the health of you and your family during the Coronavirus.	For daily activities, <a href="#">click here</a>
Medway Council	Speak with someone to arrange social contact calls please and they can redirect you to the right organisation.	Email: <a href="mailto:better.connected@medway.gov.uk">better.connected@medway.gov.uk</a> . Phone: <b>01634 306 000</b>
Medway Council	Sign up to Medway Council's Facebook page A Better Medway.	<a href="https://www.facebook.com/abettermedway/">https://www.facebook.com/abettermedway/</a>
Medway Council	Help for the most vulnerable / emergency support to citizens in Medway.	Email: <a href="mailto:emergency.foodproject@medway.gov.uk">emergency.foodproject@medway.gov.uk</a>

## Local helplines and services

### Domestic Violence

Provider	Description	Access
Domestic violence national and local group	For emergency and ongoing support for individuals facing abuse.	<p>If you are in immediate danger please do not be afraid to call 999, otherwise you can contact Kent Police on the non-emergency telephone number 101 or visit your local police station to speak with an officer in confidence.</p> <p>Other agencies working to support you:</p> <ul style="list-style-type: none"> <li>• Freephone, 24-hour National Domestic Abuse Helpline on <b>0808 2000 247</b> and is available 24 hours a day, seven days a week. For further information - <a href="http://www.domesticabuseservices.org.uk/">http://www.domesticabuseservices.org.uk/</a></li> <li>• <a href="http://www.oasisdataservice.org">http://www.oasisdataservice.org</a> / <b>07718657160</b> or email <a href="mailto:RAISereferrals@oasisdataservice.org">RAISereferrals@oasisdataservice.org</a></li> <li>• Respect - Men's Advice Line on <b>0808 801 0327</b> available Monday to Friday 10am - 1pm and 2pm - 5pm. For further information - <a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a></li> <li>• Mankind for male victims of domestic abuse on <b>01823 334244</b> and is available Monday to Friday 10am to 4pm and 7pm to 9pm. - For further information - <a href="http://www.mankind.org.uk">www.mankind.org.uk</a></li> <li>• Victim Support on <b>0808 168 9276</b></li> <li>• <a href="https://www.childline.org.uk">https://www.childline.org.uk</a> and phone: <b>0800 1111</b></li> </ul> <p>Galop's Helpline for Lesbian, Gay, Bisexual and Transgender victims of domestic abuse 0800 999 5428. For further information - <a href="http://www.galop.org.uk/domesticabuse/">http://www.galop.org.uk/domesticabuse/</a></p>

## Local helplines and services

### Relate

Provider	Description	Access
Kent, Medway & North Kent Relate Centre	Relate offer support for relationship Counselling, Children and Young People's Counselling, Sex Therapy, Family Counselling, and Training & Education.	Phone: <b>01634 380 038</b> Email: <a href="mailto:info@relatemnk.co.uk">info@relatemnk.co.uk</a> Website: <a href="http://www.relatemnk.co.uk">www.relatemnk.co.uk</a>
Sevenoaks Relate	Relate offer Relationship Counselling and Family Counselling.	Phone: <b>01892 529 927</b> Email: <a href="mailto:.kent@relate.org.uk">.kent@relate.org.uk</a>
Tunbridge Wells Relate	Relate offers support for Relationship Counselling, Sex Therapy, Children and Young People's Counselling and Family Counselling.	Phone: <b>01892 529927</b> Email: <a href="mailto:appointments.kent@relate.org.uk">appointments.kent@relate.org.uk</a>
Ashford Relate	Relate offers support for Relationship Counselling, and Children and Young People's Counselling.	Phone: <b>01227 766 094</b> Email: <a href="mailto:appointments.kent@relate.org.uk">appointments.kent@relate.org.uk</a>
Dartford Relate	Relate offers support for Relationship Counselling, Sex Therapy, Children and Young People's Counselling, and Family Counselling.	Phone: <b>01634 380 038</b> Email <a href="mailto:info@relatemnk.co.uk">info@relatemnk.co.uk</a>

Local helplines and services		
Mind		
Provider	Description	Access
Maidstone and Mind Kent	Update on changes to services during the Coronavirus Pandemic. Details on how to access remote counselling.	Maidstone Mind <a href="#">Update</a> To access remote counselling, <a href="#">click here</a>
North Kent Mind	If you are worried about Coronavirus and how it might affect you, visit the webpage on Coronavirus and your Wellbeing. Useful resources to access whilst at home Activities for Self-Isolation.	North Kent Mind <a href="#">home page</a> Mind Coronavirus <a href="#">support page</a> Maidstone Mind resources, <a href="#">click here</a> Activities for self-isolation, <a href="#">click here</a>
East Kent Mind	Information about reviews available to residents of East Kent.	East Kent Mind <a href="#">home page</a> Leave a message on <b>0208 303 8932</b> and you will receive a call back. Our Wellbeing Line is now open! If you need to talk to us please call 0203 912 0032. Open Monday-Friday 2pm-5pm and Friday-Sunday 6pm-10pm Alternatively email: <a href="mailto:info@mindinbexley.org.uk">info@mindinbexley.org.uk</a> or <a href="mailto:info@eastkentmind.org.uk">info@eastkentmind.org.uk</a> if a THANET resident and we will get back to you
South Kent Mind	If you are facing a mental health challenge and would like to speak to one of our Wellbeing Coordinators, then please complete the form below and one of us will give you a call back within the next two working days.	South Kent Mind <a href="#">home page</a> <a href="https://www.southkentmind.org.uk/support/prereg/">https://www.southkentmind.org.uk/support/prereg/</a>
West Kent Mind	Update to services available in West Kent and details about how to access to CBT on line support.	<a href="https://westkentmind.org.uk/coronavirus-updates">https://westkentmind.org.uk/coronavirus-updates</a> Leso, who offer CBT online only or <a href="#">leso digital health</a> (online CBT )

## Local helplines and services

## Other Mental Health Support

Provider	Description	Access
Mental Health Matters	Mental Health Matters helpline is a confidential service staffed by highly trained and experienced Telephone Helpline Workers, offering emotional support to anyone Opening hours: 24 hours a day, 7 days a week	Mental Health Matter 24 hour Helpline: <b>0800 107 0160</b> Email: <a href="mailto:info@mentalhealthmatters.co.uk">info@mentalhealthmatters.co.uk</a> Webchat with Mental Health Matters Advisors, available 24/7. Mobile Freephone: <b>0300 330 5486</b> Minicom: <b>0191 549 8563</b>
Release the Pressure	Free expert advice from trained counsellors available for every mental health concern, including: anxiety, depression, low self-esteem, money worries, relationship troubles, stress, and suicidal thoughts.	Text the word Kent to <b>85258</b> or phone <b>0800 107 0160</b> for free confidential support at any time or view <a href="#">online</a>
Porchlight	If you need someone to talk to because you are struggling with your mental health, Aspirations are providing a telephone service. Aspirations is a free service for anyone over 25 who is not currently in employment. We can help if you feel that your mental health is standing in your way.	To view, <a href="#">click here</a> Telephone: <b>0333 880 2730</b> You can get in sending an email: <a href="mailto:aspirations@porchlight.org.uk">aspirations@porchlight.org.uk</a> or by filling in our <a href="#">contact form</a> .

## Local helplines and services

### Meal Services

Provider	Description	Access
Kent One You KCHFT	From whipping up tasty meals to finding easy ways to exercise, use our apps and tools to take control of your health. Plus, find the free apps we recommend to help you stress less, handle anxiety and lift your mood.	<a href="https://www.nhs.uk/oneyou/apps">https://www.nhs.uk/oneyou/apps</a>
Age Medway	Information about how to access meal delivery service. Update on other services currently being provided.	Meal Delivery Service: <a href="#">Click here</a> Other Services: <a href="#">Click here</a> Phone: <b>01634 724745</b> .
Medway Council	Apply for support using website or phone number for 3 days' supply of food.	<a href="https://medway.foodbank.org.uk/">https://medway.foodbank.org.uk/</a> Phone: <b>01634 757057</b> Email: <a href="mailto:info@medway.foodbank.org.uk">info@medway.foodbank.org.uk</a>

## Line management and peer support

### General Information

Provider	Description	Access
NHS England/ NHS Improvement	List of NHS staff offers and discounts.	<a href="https://www.england.nhs.uk/coronavirus/nhs-staff-offers/">https://www.england.nhs.uk/coronavirus/nhs-staff-offers/</a>
TES	TES – Apprenticeship rules relaxed so providers will not be fined if apprentices are forced to take a break in learning related to the Covid-19 outbreak	<a href="https://www.tes.com/news/apprenticeship-rules-relaxed-over-coronavirus-fears">https://www.tes.com/news/apprenticeship-rules-relaxed-over-coronavirus-fears</a>

## Line management and peer support

### Tips for Line managers

Provider	Description	Access
Health Education England	Tips for managers and team leaders to support their staff during the coronavirus.	<a href="http://covid.minded.org.uk/tips-for-managers-and-team-leaders/">http://covid.minded.org.uk/tips-for-managers-and-team-leaders/</a>
Michele Wickham Anna Goldstein	Five levels of focus – from Nick Rock. Tips for leadership in the workplace.	<a href="https://www.michelewickham.co/five-levels-of-focus/">https://www.michelewickham.co/five-levels-of-focus/</a> <a href="https://annagoldstein.com/5-levels-of-focus/">https://annagoldstein.com/5-levels-of-focus/</a>
Lionel Valdellon Margie Warrel The King's Fund	Compassionate Leadership.	Lionel Valdellon – <a href="#">‘compassion isn’t soft leadership’</a>  Margie Warrel – <a href="#">‘Compassionate Leadership: A mindful call to lead from both head and heart’</a>  The King's Fund – <a href="#">‘Why compassionate leadership matters in a crisis’</a>
Coaching Culture at work	Ten tips for building resilience as leaders	<a href="http://www.coachingcultureatwork.com/ten-tips-for-building-resilience-as-leaders/">http://www.coachingcultureatwork.com/ten-tips-for-building-resilience-as-leaders/</a>
RCN	Article about managing the resilience of teams during COVID-19 from former Secretary General of the RCN.	<a href="https://files.constantcontact.com/9bc520cb001/d29fe47d-49fd-4f02-bcab-baefe1ba2883.pdf">https://files.constantcontact.com/9bc520cb001/d29fe47d-49fd-4f02-bcab-baefe1ba2883.pdf</a>
Leadership Centre	Tools to support yourself and others through change	<a href="https://www.leadershipcentre.org.uk/artofchangemaking/theory/change-curve/">https://www.leadershipcentre.org.uk/artofchangemaking/theory/change-curve/</a>

## Line management and peer support

### Tips for Line managers

Provider	Description	Access
IMD - Professor Jennifer Jordan	Leading virtual teams. 4 ways to increase engagement when your teams aren't face-to-face.	<a href="https://www.imd.org/research-knowledge/articles/leading-virtual-teams/">https://www.imd.org/research-knowledge/articles/leading-virtual-teams/</a>
Simon Bird	18 minute podcast - The remote leadership challenge – understanding it is a challenge and what to do about it.	The podcast can be accessed by <a href="#">clicking here</a> .
Simon Bird	The remote leadership challenge – understanding it is a challenge and what to do about it.	To read, <a href="#">Click here</a>
The Kings Fund (Kiran Chauhan, Jo Maybin)	A 1-minute read on the principles of moving a new team into a productive space very quickly – not having all the answers, making time to connect and welcoming curiosity.	To read, <a href="#">click here</a>
West Susses Fire and Rescue Service	A 3-minute video with Dr Sabrina Cohen-Hatton, Chief Fire Officer for West Sussex Fire and Rescue Service, on how leaders can make decisions in difficult circumstances during Covid-19.	To watch, <a href="#">click here</a>
Forbes	Using mindfulness to support yourself and staff.	For 'how to create mindful leadership', <a href="#">click here</a>
Mindful	Using mindfulness to support yourself and staff.	To access Becoming a better leader, <a href="#">click here</a> To access Space to lead, <a href="#">click here</a>
Ted talk	Amy Edmondson. How to turn a group of strangers into a team	<a href="#">To watch, click here</a>

Line management and peer support		
Coaching skills		
Provider	Description	Access
Henley College	Free webinar for coaching CPD  Coaching CPD events	To access the webinar, <a href="#">click here</a>  To view, <a href="#">click here</a>
North East Leadership Academy	Coaching Resources: Coaching tools and models.  Use these tools to help you work within your coaching relationships to resolve issues and be more effective.	<a href="https://www.nelacademy.nhs.uk/coaching-resources-coaching-tools-and-models">https://www.nelacademy.nhs.uk/coaching-resources-coaching-tools-and-models</a>
Coaching Culture at work	Coaching Methodology – Tim Gallwey’s The Inner Game	<a href="http://www.coachingcultureatwork.com/free-coaching-articles/">http://www.coachingcultureatwork.com/free-coaching-articles/</a>
Coaching Culture at work	“What does it take for people to help each other to think well for themselves?”	Nancy Kline’s Thinking Environment, <a href="#">click here</a>
Coaching Culture at work	Tips on building resilience. Resilience is the ability to be flexible in the face of adversity, bending but not breaking.	<a href="http://www.coachingcultureatwork.com/wp-content/uploads/2018/04/Creating-a-Coaching-Culture-Resilience-in-Leadership.pdf">http://www.coachingcultureatwork.com/wp-content/uploads/2018/04/Creating-a-Coaching-Culture-Resilience-in-Leadership.pdf</a>

## Line management and peer support

### Tips and Exercises for Working from Home

Provider	Description	Access
Mayo Clinic	Information about office ergonomics.	To view, <a href="#">click here</a>
Mayo Clinic	Examples of exercises for the neck.	To view, <a href="#">click here</a>
Mayo Clinic	Examples of stretches for the arms.	To view, <a href="#">click here</a>
Mayo Clinic	Examples of stretches for the shoulders.	To view, <a href="#">click here</a>
Mayo Clinic	Examples of stretches for the lower back.	To view, <a href="#">Click here</a>
Mayo Clinic	Examples of standing stretches.	To view, <a href="#">Click here</a>
NHS Employers	Information to enable employers to support their staff to work from home.	<a href="#">Click here.</a>
CIPD	Top tips for staff working from home	CIPD - <a href="#">Click here</a>
World Economic Forum	Guidance on working from home	For guidance, <a href="#">click here.</a>

Line management and peer support		
Wellbeing		
Provider	Description	Access
KCHFT	Tips for looking after your well-being , including links and advice for staying active, supporting children and young people, looking after your mental health, and other community resources Excellent health and well-being resources from KCHFT.	<a href="https://www.kentcht.nhs.uk/service/one-you-kent/looking-after-your-health-and-wellbeing/">https://www.kentcht.nhs.uk/service/one-you-kent/looking-after-your-health-and-wellbeing/</a>
Mental Health Organisation	Advice about what we can do to support and manage our wellbeing during such times.	<a href="https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a>
My internal world	Web based well-being questionnaire and support pathways / resources.  Free membership until 21 <sup>st</sup> June 2020.	<a href="https://www.myinternalworld.com/">https://www.myinternalworld.com/</a>  <a href="https://www.myinternalworld.com/free-access-to-my-internal-world-until-31st-may/">https://www.myinternalworld.com/free-access-to-my-internal-world-until-31st-may/</a>
Health Education England	Sign up to the HEE Mindfulness programme	To sign up, <a href="#">click here</a> .
Anxiety UK	Tips on managing anxiety for you and your team.  Free access to guide breathing and relaxation.	Tips on managing anxiety, <a href="#">click here</a>  Breathing and relaxation guide, <a href="#">click here</a>
HelpGuide	Coronavirus Anxiety and uncertainty: Coping with stress, fear, and worry. Tips to support you through this stressful time.	For tips on dealing with anxiety, <a href="#">click here</a>  For coping with uncertainty, <a href="#">click here</a>
Harvard Business Review	Guidance on dealing with grief.	<a href="https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief">https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief</a>

## Line management and peer support

### Wellbeing

Provider	Description	Access
Wessex LMC	Dr Laura Edwards, Director at Wessex LMCs talks with Stuart Somerville, former intelligence officer with the military about how you can deal with the uncertainty before really difficult situations arise.	The podcast can be accessed via apple & android or, by <a href="#">clicking here</a> .
The Guardian	Article on How to cope with radical uncertainty by Oliver Burkeman	To access, <a href="#">click here</a> .

## Line management and peer support

### Mindtools

Provider	Description	Access
Mindtools	Article on the importance of growing your resilience.	To access, <a href="#">click here</a> .
Mindtools	Resilience questionnaire. How resilient are you? Find out how to bounce back from problems.	To access, <a href="#">click here</a> .
Mindtools	Article on the uncertainty factor; being resilient and adaptable.	To access, <a href="#">click here</a> .
Mindtools	Covid Support pack for staff and managers. Staying informed, thinking critically, and making decisions.	To access, <a href="#">click here</a> .
Mindtools	How to handle a stressful job. Thriving in a high-pressure environment.	To access, <a href="#">click here</a> .

Line management and peer support

Advice for Doctors

Provider	Description	Access
West Essex LMC	Burn out advice for GPs from the BMA	<a href="https://www.wessexlmcs.com/burnout">https://www.wessexlmcs.com/burnout</a>
The Joyful Doctor	Resources and services to support Doctors through challenging times	<a href="https://www.joyfuldoctor.com/?gclid=EA1aIQobChMIqpDvoKzt6AIVVOvtCh1TWAF9EAAYASAAEgL34fD_BwE">https://www.joyfuldoctor.com/?gclid=EA1aIQobChMIqpDvoKzt6AIVVOvtCh1TWAF9EAAYASAAEgL34fD_BwE</a>  All of our wellbeing services (webinars, workshops, coaching, therapy etc.) can be provided by phone/online at this time Please get in touch at: <a href="mailto:teamjoy@joyfuldoctor.com">teamjoy@joyfuldoctor.com</a> to discuss your needs

Line management and peer support		
Childcare		
Provider	Description	Access
Kent County Council	Details about Childcare provision for NHS Staff.	<p>Website: <a href="https://www.kent.gov.uk/social-care-and-health/health/coronavirus/coronavirus-service-updates?utm_source=kcc&amp;utm_medium=globalbanner&amp;utm_campaign=serviceupdates#tab-9#">https://www.kent.gov.uk/social-care-and-health/health/coronavirus/coronavirus-service-updates?utm_source=kcc&amp;utm_medium=globalbanner&amp;utm_campaign=serviceupdates#tab-9#</a></p> <p>For school age children:            Email: <a href="mailto:emergencyschoolplaces@kent.gov.uk">emergencyschoolplaces@kent.gov.uk</a>            Telephone: <b>03000 41 21 21</b></p> <p>For nursery and childcare            Email: <a href="mailto:kentcfis@theeducationpeople.org">kentcfis@theeducationpeople.org</a>            Telephone: <b>03000 41 23 23.</b></p>
Medway Council	Details about Childcare provision for NHS Staff / Keyworker staff.	<a href="https://www.medway.gov.uk/info/200137/schools-and-learning/1093/coronavirus-advice-for-schools">https://www.medway.gov.uk/info/200137/schools-and-learning/1093/coronavirus-advice-for-schools</a>

Coaching, mentoring and deep conversations		
Provider	Description	Access
NHSE/I national offer  Samaritans   Shout	Supporting our people. Helping you manage your own health and wellbeing whilst looking after others.  In the current climate of increasing pressures on our healthcare system, our NHS people potentially face significant stresses.  Confidential staff support line, operated by the Samaritans.  Text service.	<a href="tel:+44-0300-131-7000">tel:+44-0300-131-7000</a> - and free to access from 7.00 am – 11.00 pm, seven days a week.  Text FRONTLINE to 85258 for support 24/7 via text.
Local Samaritan service	Listening service.	Call Samaritans free on 116 123 or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
Kent and Medway CCG	An internal coaching register has been created with staff across the CCG and primary care who are trained coaches and can offer 121 coaching session to support you.	Contact <a href="mailto:Beth.hill5@NHS.net">Beth.hill5@NHS.net</a> in confidence to request Coaching support
Kent and Medway CCG	A space for you to breathe and build up resilience to support you to do what you do for others.  We are a team of virtual facilitators, offering deep listening for all NHS COLLEAGUES regardless of role.	Contact <a href="mailto:Beth.hill5@NHS.net">Beth.hill5@NHS.net</a> in confidence to request Coaching support
Coaching Culture	Free coaching sessions for NHS workers.  We are offering free coaching sessions to NHS workers who might need emotional or motivational support during the coronavirus crisis.	<a href="http://www.coachingcultureatwork.com/free-coaching-sessions-nhs/">http://www.coachingcultureatwork.com/free-coaching-sessions-nhs/</a>  Call 020 7022 4923 or email us to set up a session

Coaching, mentoring and deep conversations		
Provider	Description	Access
Aim You	As COVID-19 arrives, the burden on health teams is immense. We all feel the pain for them and I know many of us want to help, but don't know how. For some of us, skilled in wellbeing, there is a way!	<a href="https://www.aim-you.com/nhsstaff">https://www.aim-you.com/nhsstaff</a>
Kent Surrey Sussex Leadership Academy	Register to access for free coaching with the KSS leadership Academy.	To register, <a href="#">click here</a>

Employee Assistance Programme		
Provider	Description	Access
NHS providers across Kent and Medway	<p>See own internal organisational offers – see intranet or contact line manager</p> <p>CCG staff - watch this space for news soon</p> <p>EAP services generally include a range of;</p> <p>24/7/365 confidential helpline</p> <ul style="list-style-type: none"> <li>• Up to 6 sessions of face-to-face, structured telephone or online counselling per employee per year</li> <li>• Medical Information</li> <li>• Legal and Financial information</li> <li>• Eldercare and Childcare support</li> <li>• Manager Consultancy and Support service</li> <li>• 24/7 Critical incident telephone support</li> <li>• Online help and advice– Issues such as: Alcohol/Drugs, Debt, Family Issues, Bereavement, Tax, Childcare and eldercare advice</li> <li>• Access to our Health and Wellbeing Portal which provides 4 week programs, mini health checks, monthly webinars and fact sheets</li> </ul>	<p>Please visit <a href="http://www.healthassuredeap.co.uk">www.healthassuredeap.co.uk</a> for a trial look around: Username: Health and Password: Assured</p> <p>Access to our Health e-Hub app which provides unique content, relevant support and preventative wellness programmes straight from your phone</p>

## IAPT and counselling services

**IAPT services provide- treatment for depression and anxiety and related conditions such as phobias and OCD,**

Provider	Description	Access
NHS	Local services can be searched by GP postcode	<a href="http://www.nhs.uk">www.nhs.uk</a>
West Kent Crisis Service	Online courses and interactive groups, - Online webinars, One to one, video sessions, One to one, telephone sessions	<a href="https://www.wearewithyou.org.uk/help-and-advice/find-service/how-we-help-mental-health/">https://www.wearewithyou.org.uk/help-and-advice/find-service/how-we-help-mental-health/</a>  to register click <a href="#">here</a>
IESO	ieso Digital Health is working in partnership with Thinkaction, to provide online CBT to patients in West Kent.  To be eligible for online CBT, you must be registered with a GP in West Kent and aged 18 or over	<a href="https://www.iesohealth.com/en-gb/online-cbt/west-kent">https://www.iesohealth.com/en-gb/online-cbt/west-kent</a>  <a href="mailto:info@iesohealth.com">info@iesohealth.com</a>  <b>Call: 0800 074 5560</b>
Swale Primary Care Psychological Talking Therapy providers deliver the NICE guidelines for people aged 18+ with common mental health disorders.	Referrals can be made by a GP or a patient can self-refer.  Depression, Generalised anxiety disorder, Mixed depression and anxiety, Panic disorder, Social anxiety, Obsessive-compulsive disorder, Body dysmorphic disorder, Phobias (including social anxiety disorder (social phobia)), Post-traumatic stress disorder (not multiple or early trauma), Health anxiety (hypochondriasis), Anger management, Depression or anxiety in adults with a chronic physical health problem (LTC) or Medically unexplained symptoms, Depression or anxiety in adults with a mild learning disability or cognitive impairment	<b>We are With You (formally Thinkaction)</b> – T: 0300 012 0012 E: <a href="mailto:enquiries@wearewithyou.org.uk">enquiries@wearewithyou.org.uk</a>  <b>Insight</b> – T: 0300 555 5555 E: <a href="mailto:kent@insighthealthcare.org">kent@insighthealthcare.org</a>  <b>Faversham Counselling</b> - T: 01795 591019 E: <a href="mailto:ccccg.fcstalkingtherapies@nhs.net">ccccg.fcstalkingtherapies@nhs.net</a>  <b>Vita Health Group</b> - *Coming Soon* Operational from 1 May 2020



## IAPT and counselling services

IAPT services provide- treatment for depression and anxiety and related conditions such as phobias and OCD,

Provider	Description	Access
Medway Talking Therapies	Referrals can be made by a GP or a patient can self-refer. Low mood, depression, anxiety, stress, panic, anger, trauma, bereavement, loss, relationship difficulties, family problems, phobias	<p><b>Telephone 0300 029 3000 (local rate)</b></p> <p><a href="mailto:medway@insighthealthcare.org">medway@insighthealthcare.org</a></p> <p><a href="http://www.insighthealthcare.org">www.insighthealthcare.org</a></p>
<p>South Kent Coast CCG</p> <ul style="list-style-type: none"> <li>• Dover Counselling Centre</li> <li>• Insight</li> <li>• University Medical Centre</li> </ul>	<p><b>Dover Counselling Centre</b></p> <p>Referrals can be made by a GP or patients can self-refer</p> <p>Available in: South Kent Coast (includes Deal, Dover, Folkestone, Hythe, Romney Marsh and Lydd) and Thanet</p> <p><b>Insight</b></p> <p>Referrals can be made by a GP or patients can self-refer</p> <p><b>University Medical Centre</b></p> <p>Referrals can be made by a GP or patients can self-refer. Available in: South Kent Coast (includes Deal, Dover, Folkestone, Hythe, Romney Marsh and Lydd), Canterbury and Coastal (includes Whitstable, Herne bay, Faversham and Sandwich)</p>	<p><b>Dover Counselling Centre</b></p> <p>Telephone: 01304 204123</p> <p>Email: <a href="mailto:info@dovercc.org.uk">info@dovercc.org.uk</a> Website: <a href="http://www.dovercc.org.uk">www.dovercc.org.uk</a></p> <p><b>Insight</b></p> <p>Telephone 0300 555 5555</p> <p>Email: <a href="mailto:admin.kent@insighthealthcare.org">admin.kent@insighthealthcare.org</a></p> <p><a href="https://www.insighthealthcare.org/">https://www.insighthealthcare.org/</a></p> <p><b>University Medical Centre</b></p> <p>Telephone 01227 469338</p> <p>Email: <a href="mailto:ccccg.umcpt@nhs.net">ccccg.umcpt@nhs.net</a></p> <p>Website: <a href="http://www.umcpt.co.uk">www.umcpt.co.uk</a></p>

IAPT and counselling services

IAPT services provide- treatment for depression and anxiety and related conditions such as phobias and OCD,

Provider	Description	Access
<p>Thanet CCG</p> <ul style="list-style-type: none"> <li>• Dover Counselling centre</li> <li>• Insight</li> </ul>	<p><b>Dover Counselling Centre</b></p> <p>Referrals can be made by a GP or patients can self- refer</p> <p>Available in: South Kent Coast (includes Deal, Dover, Folkestone, Hythe, Romney Marsh and Lydd) and Thanet</p> <p><b>Insight</b></p> <p>Referrals can be made by a GP or patients can self- refer</p>	<p><b>Dover counselling Centre:</b></p> <p>Call: 01304 204123</p> <p>Email: <a href="mailto:info@dovertcc.org.uk">info@dovertcc.org.uk</a></p> <p>Website: <a href="http://www.dovercc.org.uk">www.dovercc.org.uk</a></p> <p><b>Insight</b></p> <p>Telephone 0300 555 5555</p> <p>Email: <a href="mailto:admin.kent@insighthealthcare.org">admin.kent@insighthealthcare.org</a></p> <p><a href="https://www.insighthealthcare.org/">https://www.insighthealthcare.org/</a></p>

IAPT and counselling services

IAPT services provide- treatment for depression and anxiety and related conditions such as phobias and OCD,

Provider	Description	Access
<p>Canterbury &amp; Coastal CCG</p> <ul style="list-style-type: none"> <li>• FCS Talking therapies</li> <li>• Insight</li> <li>• We are with you</li> <li>• University medical centre</li> </ul>	<p><b>FCS Talking Therapies</b></p> <p>Referrals can be made by a GP, or patients can self-refer.</p> <p>Available in: Canterbury and Coastal (includes Whitstable, Herne Bay, Faversham and Sandwich)</p> <p><b>Insight</b></p> <p>Referrals can be made by a GP or patients can self- refer</p> <p><b>We Are With You</b></p> <p>Referrals can be made by a GP or patients can self- refer</p> <p>Available in: Ashford, Canterbury and Coastal (includes Whitstable, Herne bay, Faversham and Sandwich)</p> <p><b>University Medical Centre</b></p> <p>Referrals can be made by a GP or patients can self- refer</p> <p>Available in: South Kent Coast (includes Deal, Dover, Folkestone, Hythe, Romney Marsh and Lydd), Canterbury and Coastal (includes Whitstable, Herne bay, Faversham and Sandwich)</p>	<p><b>FCS Talking Therapies</b></p> <p>Telephone: 01795 591019</p> <p>Email: <a href="mailto:cccg.fcstalkingtherapies@nhs.net">cccg.fcstalkingtherapies@nhs.net</a></p> <p>Website: <a href="http://www.fcstalkingtherapies.org">www.fcstalkingtherapies.org</a></p> <p><b>Insight</b></p> <p>Telephone 0300 555 5555</p> <p>Email: <a href="mailto:admin.kent@insighthealthcare.org">admin.kent@insighthealthcare.org</a>  <a href="https://www.insighthealthcare.org/">https://www.insighthealthcare.org/</a></p> <p><b>We Are With You</b></p> <p>Telephone: 0300012 0012</p> <p>Email: <a href="mailto:enquiries@wearewithyou.org.uk">enquiries@wearewithyou.org.uk</a></p> <p>Website: <a href="http://www.wearewithyou.org.uk">www.wearewithyou.org.uk</a></p> <p><b>University Medical Centre</b></p> <p>Telephone 01227 469338</p> <p>Email: <a href="mailto:cccg.umcpt@nhs.net">cccg.umcpt@nhs.net</a></p> <p>Website: <a href="http://www.umcpt.co.uk">www.umcpt.co.uk</a></p>

IAPT and counselling services		
IAPT services provide- treatment for depression and anxiety and related conditions such as phobias and OCD,		
Provider	Description	Access
<p>Ashford CCG</p> <ul style="list-style-type: none"> <li>Insight</li> <li>We are with you</li> </ul>	<p><b>Insight</b></p> <p>Referrals can be made by a GP or patients can self- refer</p> <p><b>We Are With You</b></p> <p>Referrals can be made by a GP or patients can self- refer</p> <p>Available in: Ashford, Canterbury and Coastal (includes Whitstable, Herne bay, Faversham and Sandwich)</p>	<p><b>Insight</b></p> <p>Telephone 0300 555 5555</p> <p>Email: <a href="mailto:admin.kent@insighthealthcare.org">admin.kent@insighthealthcare.org</a></p> <p><a href="https://www.insighthealthcare.org/">https://www.insighthealthcare.org/</a></p> <p><b>We Are With You</b></p> <p>Telephone: 0300012 0012</p> <p>Email: <a href="mailto:enquiries@wearewithyou.org.uk">enquiries@wearewithyou.org.uk</a></p> <p>Website: <a href="http://www.wearewithyou.org.uk">www.wearewithyou.org.uk</a></p>
<p>Dartford, Gravesham and Swanley Primary Care Psychological Talking Therapy providers deliver the NICE guidelines for people aged 18+ with common mental health disorders.</p>	<p>Referrals can be made by a GP or a patient can self-refer. Services are listed on <a href="http://www.nhs.uk">www.nhs.uk</a> and can be searched by GP postcode.</p> <p>Depression, Generalised anxiety disorder, Mixed depression and anxiety, Panic disorder, Social anxiety, Obsessive-compulsive disorder, Body dysmorphic disorder, Phobias (including social anxiety disorder (social phobia)), Post-traumatic stress disorder (not multiple or early trauma), Health anxiety (hypochondriasis), Anger management, Depression or anxiety in adults with a chronic physical health problem (LTC) or Medically unexplained symptoms, Depression or anxiety in adults with a mild learning disability or cognitive impairment</p>	<p><b>We are With You (formally Thinkaction)</b></p> <p>T: 0300 012 0012 E: <a href="mailto:enquiries@wearewithyou.org.uk">enquiries@wearewithyou.org.uk</a></p> <p><b>Insight</b></p> <p>T: 0300 555 5555 E: <a href="mailto:kent@insighthealthcare.org">kent@insighthealthcare.org</a></p> <p><b>North Kent Mind</b></p> <p>T: 01322 291380 E: <a href="mailto:admin@northkentmind.co.uk">admin@northkentmind.co.uk</a></p> <p><b>Vita Health Group - *Coming Soon*</b> Operational from 1 May 2020</p>

### IAPT and counselling services

IAPT services provide- treatment for depression and anxiety and related conditions such as phobias and OCD,

Provider	Description	Access
North Kent Mind	<p>Referrals can be made by a GP or a patient can self-refer.</p> <p>Issues such as depression, low mood, anxiety, panic attacks, OCD (Obsessive Compulsive Disorder), social or other phobias, agoraphobia or Post Traumatic Stress Disorder.</p>	<p><b>Telephone: 0300 0293000</b></p> <p><a href="http://www.northkentmind.co.uk/talking-therapies-iapt">www.northkentmind.co.uk/talking-therapies-iapt</a></p>
Live Well Kent		<p>Telephone 0800 567 7699, email <a href="mailto:info@livewellkent.org.uk">info@livewellkent.org.uk</a> <a href="https://livewellkent.org.uk/online-referral-form/">https://livewellkent.org.uk/online-referral-form/</a></p>
Pilgrims Hospice and Cruse	Bereavement support for people living in East Kent.	For the Stepping Stones Support <a href="#">Click here</a>
Cruse Bereavement Service	<p>During these unprecedented times, we are facing a tragic loss of life, often under very difficult circumstances.</p> <p>Cruse bereavement centre have released guidance and advice for you and your loved ones who may experience loss including a free helpline and online advice.</p>	<p><a href="https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief">https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief</a></p>

Support in a crisis including trauma		
Provider	Description	Access
KMPT	Need help in a mental health crisis or emergency during COVID-19?	<a href="https://www.kmpt.nhs.uk/need-help/">https://www.kmpt.nhs.uk/need-help/</a>
Various organisations offering crisis support	Crisis support.	<p>If you are in emotional distress and need urgent support, please contact:</p> <p><b>Mental Health Matters</b> – 0800 107 0160 24/7 helpline</p> <p><b>Samaritans</b> - 116 123 (free phone number) 24/7 support line</p> <p><b>Saneline</b> – 0300 304 7000 4.30 pm – 10.30 pm helpline</p> <p><b>Kent and Medway NHS and Social Care Partnership Trust (KMPT)</b> - Single Point of Access (SPA) 0300 222 0123 – referral line for NHS Mental Health Services</p>
KMPT	<p>Crisis support.</p> <p>KMPT also provides support for people with serious mental illness, urgent mental health support, advice and guidance</p>	<a href="https://www.kmpt.nhs.uk/need-help/">https://www.kmpt.nhs.uk/need-help/</a>
Cruse	Guidance on how to access support and how to support others though traumatic bereavements and grieving n isolation.	<p><a href="https://www.cruse.org.uk/coronavirus/trauma">https://www.cruse.org.uk/coronavirus/trauma</a></p> <p><a href="https://www.cruse.org.uk/get-help/traumatic-bereavement">https://www.cruse.org.uk/get-help/traumatic-bereavement</a></p>

Support in a crisis including trauma		
Provider	Description	Access
Mental Health Matters	<p>safe havens which are running 24/7 safe spaces for people in a crisis.</p> <p>The 4 safe havens are located in Canterbury, Medway, Maidstone and Thanet for all residents over the age of 16 living in Kent and Medway.</p>	<p>information can be found on our website- <a href="http://www.mhm.org.uk">www.mhm.org.uk</a>.</p> <p><b>Canterbury</b>                      <a href="mailto:Canterbury.mhm@nhs.net">Canterbury.mhm@nhs.net</a></p> <p>07876 476703</p> <p>07483 163953</p> <p><b>Medway (Gillingham Office)</b>      <a href="mailto:Medway.mhm@nhs.net">Medway.mhm@nhs.net</a></p> <p>07850 901151</p> <p>07808 795036</p> <p><b>Thanet (Margate Office)</b>              <a href="mailto:Thanet.mhm@nhs.net">Thanet.mhm@nhs.net</a></p> <p>07850 655877</p> <p><b>Maidstone</b>                                      <a href="mailto:Maidstone.mhm@nhs.net">Maidstone.mhm@nhs.net</a></p> <p>07484 061684</p>