

## **Resources Focusing on Mental Health Support**

We are often asked for support for various members of the practice team for lots of different reasons, and so I thought it might be helpful if I put our support that focuses on mental health together in one place for you to access when and if you need to. We are all acutely aware of what a difficult time it is in practice at the moment and it would be great if we can provide you with something that would help.

### General Support

We have a page of support for all members of staff [here](#). There are various suggestions for different people within your team and we also have our GP Support and Development Scheme which GPs can [access](#).

### Podcasts

Sometimes it helps just to be by yourself with your ear buds plugged in and to listen. These podcasts have been developed for you:

- [Taking control in unprecedented times](#) - techniques to help PMs
- [Top tips for video consultations](#) - practical help for clinicians
- [Resilience – when it all feels too difficult](#) - resilience and wellbeing for all
- [Mindfulness](#) - guidance for us and our families
- [The calm before the storm](#) – coping with uncertainty and dread
- [Feeling flat or overwhelmed?](#) - strange and strained times such as these might mean we are searching for different solutions
- [Facing challenges we can't control](#) - see how team work can help

### Learning & Sharing as a Team

We have written a Lunch and Learn resource which is aimed at the general practice team. Good Mental Health of the whole team is going to be crucial over the next six months - even more so than it ever was. This resource encourages staff to acknowledge where their stressors are and offers practical ways of improving mental health. This is a good way to start a mental health conversation with members of the team.

The contents of this programme are:

- a description of mental health, stress and vulnerability
- the impact of mental health on us and our workplace
- what are coping techniques and which ones do we use
- how might we help each other as a whole group or as part of a smaller team

It is free to [download](#) and the PowerPoint Plus script and resources are all written for you.

## Talking

Sometimes listening to a distant voice on a podcast, or sharing your anxieties with your team are the last thing you want to do. There is a new support service that is free to all staff in primary care where you get one-to-one coaching at a time to suit you. Coaching should be seen as a good regular exercise for the mind, as going to the gym is seen as a good regular exercise for the body. You do not have to need anything specific or have any major issues to request some coaching. It is an opportunity to talk to a professional who understands your work and can help you look forward, deal with any current issues and re-motivate you. Do take advantage of this service whilst its free! [#LookingAfterYouToo](#)

**If you are very worried about your own mental health or that of a team member, there is also the NHS hotline to support frontline staff during the pandemic:  
0300 131 7000 or text FRONTLINE to 85258.**

## Sharing with Peers

Chatting in the practice is one thing, but it suits some of us to 'come away' and chat to others in primary care. It is helpful for some to talk and share with those who understand the pressures, but who they do not know personally. To try and re-focus in these odd times, you might try our 'Reset, Rebalance, Revitalise' workshops. Run over Zoom (sadly we are unable to really get away to a nice venue for anything at the moment!) the workshops start on 3rd November with 2 short sessions and end with 2 more on 24th November. Click [here](#) to book. (£75 or £45 for WGPET members).

## Further Information

We support in lots of other areas such as CQC and practical advice on premises, etc, and there is a wealth of info on our website here - [www.wessexlmcs.com](http://www.wessexlmcs.com). This is just a document to give you more info on one area: mental health.

Please do get in touch with any of us at Wessex LMCs if you would like further information about anything mentioned here.

With best wishes and take care.

### *The Wessex LMCs Team*

**Wessex Local Medical Committees Ltd  
Churchill House, 122-124 Hursley Road, Chandler's Ford, Eastleigh, SO53 1JB  
Phone: 023 8025 3874**