



Lincolnshire Partnership
NHS Foundation Trust

Office of Chair and Chief Executive
Trust Headquarters
St George's
Long Leys Road
Lincoln
LN1 1FS

Tel: 01522 309177
Email: lpft.chiefexec@nhs.net

1 July 2020

Dear colleague

Mental health support to the Lincolnshire health and care workforce as a result of COVID-19

In light of the significant impact on our health and care staff in dealing with the recent COVID-19 pandemic, you may be aware that as the mental health and learning disability NHS trust for Lincolnshire we have been working on an offer as part of the system recovery cell.

My Director of Human Resources, Tony Kavanagh, has been working closely with representatives of your organisations and sectors to provide a multiple wellbeing offer to your workforce for staff affected by the COVID-19 pandemic. This letter provides important information for you to share and act on with your workforce; including priority access to talking therapy treatment.

1. Self-help

It is really important as a first step that staff across the system are aware of the mental health support available to them during these challenging times. The Every Mind Matters NHS website is a good place to start and provides self-help information and mental wellbeing guidance <https://www.nhs.uk/oneyou/every-mind-matters>. In time the LPFT website will include a section on all available resources and self-help materials but this is currently under development.

2. Emotional wellbeing and support

LPFT has a staff wellbeing service that provides a variety of therapy and wellbeing activities for our staff. During the COVID-19 situation the service has also been operating an emotional support telephone line for staff from across system partners. The intention is to continue with this offer for the foreseeable future. Any staff member from across the system can call confidentially and speak with a practitioner about issues that are concerning them. The emotional wellbeing helpline can be accessed by calling 01522 569512 or 01522 518609 or emailing lpn-tr.StaffWell-Being@nhs.net. The team are available from 9am to 6pm, Monday to Friday.

3. Talking therapy treatment

For staff members requiring treatment, LPFT provides a talking therapies service 'steps2change', this service provides National Institute of Clinical Excellence (NICE) recommended, evidence based interventions for people experiencing depression and a range of anxiety disorders.

Many staff members affected by the COVID-19 pandemic are likely to experience issues relating to anxiety and/or depression. The service will be expediting staff members into treatment to support the system and staff within it. More information about the steps2change service can be found at www.steps2change.nhs.uk.

The steps2change service will provide an initial assessment to all referrals, however there may be occasions where more intensive treatment is required and these cases will be transferred to the most appropriate service in the Trust and will again be expedited.

The following section contains information on the referral routes into steps2change.

Regardless of the referral route staff members experiencing difficulties in relation to COVID-19 will be given priority treatment.

1. Referral from the LPFT Staff Wellbeing Service support line.
2. Staff member can self-refer through the steps2change website or by telephoning the LPFT Single Point of Access (SPA) on 0303 123 4000
3. Referrals received from health care professionals, send to:

Single Point of Access Contact Centre
Sycamore Unit
Beacon Lane
Grantham
Lincs
NG31 9DF
Telephone: 0303 123 4000
Email: Lincs.spa@nhs.net

4. Organisational referrals completed on the enclosed form and emailed to lpft.steps2changereferrals@nhs.net

If your organisation would like further information the steps2change Service Manager Nick Harwood and colleagues are happy to deliver a session on this process, the signs and symptoms to look out for amongst staff members and Q&A. Please contact Nick directly at nick.harwood1@nhs.net.

In the coming weeks we will also be sending your organisation a toolkit of promotional materials to help further raise awareness of the support available.

This letter and information is only the beginning of what I hope will be the further development and access to mental health support for staff across Lincolnshire.

Yours sincerely



Brendan Hayes
Chief Executive