



**Unmind** – A mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically-backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition. They are offering free access to NHS staff until the end of December 2020, active now.

How NHS staff can get access: - Go to <https://home.unmind.com/> - Sign up with your NHS email address - Download the Unmind app from your appstore - Your organisation name is NHS.



**Headspace** – A science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. They are offering free access to all NHS staff with an NHS email address until 31 December, active now.

How NHS staff can get access: - Go to [www.headspace.com/nhs](http://www.headspace.com/nhs) for NHS staff to access, with the option to select clinical or non-clinical staff to start enrolling - You will need to use your NHS email address to sign up



**Sleepio and Daylight** (developed by Big Health) - Sleepio is a clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep. 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. Free access to Sleepio and Daylight for all NHS staff is active now until 31 December.

How to access Sleepio: - Visit [www.sleepio.com/redeem](http://www.sleepio.com/redeem) on your laptop or desktop computer - Enter redeem code NHS2020 and sign up for an account using your name and email address - Complete the sleep test - Get started!

How to access Daylight: - Visit <http://trydaylight.com/nhs-staff> - Answer a few short questions to tailor the programme to you - Sign up for an account using your name and email address - Download the Daylight smartphone app (search 'Daylight - Worry Less', available on both iPhone and Android) - Get started!



**iConnectApp** – iConnect offer emotional and practical support to employees and their families. All employees have access to this great resource which provides the help and support they may need when they need it. iConnectYou is an app which instantly connects you with professionals for instant support and help finding resources for you and your family.

To access iConnectYou: - Download the app from the App Store (iPhone) or Google Play (Android) - Register using the iCY passcode. ICONNECTYOU PASSCODE: 53582



**Shout** – Shout is the UK's first 24/7 text service for anyone in crisis. It's a place to go if you are struggling to cope and need immediate help. 'We take people from crisis to calm every day'

To access Shout: - Just text Shout to 85258



**SilverCloud** – If you are feeling stressed about Coronavirus then SilverCloud can help you maintain a healthy mind during this challenging time. SilverCloud offers online programmes to help ease your levels of stress, sleep better or to build resilience. You can choose to use any of the programmes. Programmes are self help, confidential and secure.

To access SilverCloud: - Visit <https://nhs.silvercloudhealth.com/signup/> - Use access code: HPFT2020



# HowAreYouDoingTeam

Here to provide individual and team support for all staff.

**Thank you for all of your work, compassion and resilience during these extraordinary times; we are here to support you and your teams.**

This leaflet gives information on how we can help and some of the interventions and support we can provide.

# HowAreYouDoingTeam

As a team we are growing and would love you to join and support our work and commit to our [HowAreYouDoing](#) Charter, to take care of ourselves and others. We will continue to share news, stories, tools and interventions and will connect to other organisations so we can learn and share as we go. More services will be added as we grow and learn.

## Help spaces – To relax, refresh and find support

### HowAreYouDoing Hub

This is at the Lister (Community hub) - contains plenty of supportive information that is updated, usually staffed by one of the team, has an appreciation wall for the positive stories and good wishes we receive and a feedback area. Please visit and see how we can help.

### HowAreYouDoing Rest, Relax and Refresh Area

This is at the Lister (staff coffee lounge) - will be kitted out with comfortable furniture, music, refreshments and support. Please visit and take a few minutes to rest.

### HowAreYouDoing Staff Support Area

This area - yet to be confirmed - will provide space to drop in, talk to one of the team, make appointments for 1:1 support, pick up information, attend bitesize training, hold group debriefs.

### Pay it Forward

We offer to provide acts of kindness to you and simply ask you to do the same to others.

## Interventions – Accessible to you and your team

### 1:1 Support

We offer individual support and can tailor this to your needs be it coaching, mentoring or psychological support or someone to hear your concerns.

### Structure Debriefs (lessons learned and psychological support)

We offer to facilitate debriefs for your team and work with you and your team to provide support. We can also train you and your team members to run your own team briefs.

### Group Support

We offer to work with your team if they need support and guidance; this can be for any subject matter and we can tailor to suit your needs.

### Bite Size Learning

We offer a range of structured learning sessions to use with your teams, to support you to lead in difficult times, have challenging conversations and more - your suggestions are welcomed.

### Link Support

We offer to link you to the support either you or your team need. For some areas you will be linked with one of our team members, if you would like a link for your area please get in touch.

### Mindfulness and Exercise

We offer to provide you with a wide range of support tools, links and leaflets to help reduce anxiety and stress levels, please visit our hub for information and advice.

## Tools – available for you and your team leaders

### Five Questions empowering & supportive leadership

How are you doing?

How is your team doing?

How are your colleagues doing?

What can you do to help them?

What can we do to help you?

Healthy Leadership Rhythm - We offer a way to check in with your team and colleagues each day. Available as a pocket card, leaflet or poster.

### Leadership in a Crisis -

#### Compassionate and Effective

We offer you help and support on how to stay true to the vital leadership values of being compassionate and effective in these challenging times.

### Communication in a Crisis

We offer a structure for team meetings and what to consider. Available as a leaflet and flyer and a bitesize training programme.

### Debrief Tools

We offer several structures and advice on how to conduct effective and compassionate debriefs where both lessons are learnt and staff are supported.

### Working from Home - Top Tips

We offer a leaflet with tips and advice on how to do this effectively and manage your wellbeing, we can also coach or advise people on how best to do this.

### Team Huddle

We offer a range of Huddle Team Talks - bitesize learning sessions to use with your teams.

### Signs a member of staff is struggling and what to do

We offer advice and coaching on how to help and/or can direct you to other resources, please do not hesitate to get in touch so we can offer support required.

This information and our service will grow and adapt – updated April 2020 V1

We are here to help you, for support for you and your team please:

Visit: [HowAreYouDoing](#) hub, level 3 @ Lister  
Email: [howareyoudoing.enh-tr@nhs.net](mailto:howareyoudoing.enh-tr@nhs.net)

Phone: 07551311667 for training support  
KC: [Home Page](#) / [Coronavirus](#) / [HowAreYouDoing](#)

#HowAreYouDoing #HereForOurPatients #HereForEachOther