

NATIONAL support

In addition to the local support that has been put in place there are also some national resources you can access by phone or text as well as some free online resources.

These are all accessible and open to all colleagues.



NHS

#OurNHSPeople Wellbeing support

for all our NHS people, we are here for you
whenever you need us

-  **Call 0300 131 7000**
7am - 11pm seven days a week support, for mental health, financial help, bereavement care and coaching
-  **24/7 text support**
Text 'frontline' to 85258
-  **Free access to mental health and wellbeing apps**
Unmind, Headspace, Sleepio and Daylight for all NHS staff
-  **people.nhs.uk**
Helping you manage your own health and wellbeing whilst looking after others

A stylized tree graphic on the right side of the slide. The trunk and branches are composed of multiple colored lines (blue, orange, green, purple, red, yellow) that merge at the bottom. Various sized circles in matching colors are attached to the branches, resembling leaves. The NHS logo is in the top right corner of this section.