

For our general health and wellbeing, it's important to try to maintain a routine that includes eating regularly, staying hydrated, exercise, keeping connected with family and friends, sleep and relaxation. Listed here are some additional resources and support to help you with your mental health and wellbeing, including online training, Apps and advice, details of the professional support and how to access one to one mentoring.

Please see this comprehensive guide that has been created to support the mental health and wellbeing for all members of the dental team. <https://madeinheene.hee.nhs.uk/Portals/0/Wellbeing-Support-for-the-Dental-Team.pdf>



Wellbeing-Support-f
or-the-Dental-Team.p

Five steps to wellbeing Evidence suggests there are [5 steps](#) you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life. They are:

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present (mindfulness).

Every Mind Matters [Every Mind Matters](#) is a national Public Health England campaign, which has expert advice and practical tips to help you look after your mental health and wellbeing. Answer five quick questions to get your free Mind plan, which offers tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control. This has been updated recently to include advice to those who are worried about coronavirus and maintaining their mental health.

Had a hard day? Going home checklist

- Take a moment to think about today
- Think about one thing that was difficult – let it go
- Consider three things that went well
- Are you ok? If not, have you told someone? *Your colleagues, senior team and Occupational Health are here to support you.*
- Check in on your colleagues before you leave – are they ok?
- Acknowledge your colleagues contribution – Have you said, “Thank you”?
- Now switch your attention to home.
- How are you going to rest and recharge?

Do you need to talk to outside your organisation?

One Front Door National Helpline 0300 131 7000. Supported by Samaritans we are providing a national helpline for staff support open 07:00-23:00

Or text Crisis Support – NHSEI and Shout By texting NHSPH to 85258 you will be put in touch with a trained Crisis Volunteer (CV) who will chat to you using recognised techniques via text.

Staff mental health and wellbeing hubs

The staff mental health and wellbeing hubs have been set up to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all health and social care staff.

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-mental-health-and-wellbeing-hubs/>

Advice and Information

Apps that might help that are currently free to NHS staff – please visit the providers for more information, including how to access support and when this free offer expires.

Unmind:

Unmind is 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 2022.

How NHS staff can get access

1. Go to <https://nhs.unmind.com/signup>
2. Sign up with your NHS email address
3. Download the Unmind app from your Appstore - your organisation name is NHS. If you do not see your NHS email domain, please contact support@unmind.com and include your email domain.

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.

COVID-19 Specific: These are part of the Headspace app — free for everyone — the section is called **Weathering the storm**. It includes meditations, sleep, and movement exercises to help you out, however you're feeling. It's our small way of helping you find some space and kindness for yourself and those around you. <https://www.headspace.com/covid-19>

They are offering free access to all NHS staff with an NHS email address until 31 December 2022.

Go to <https://www.headspace.com/nhs> and select clinical or non-clinical staff to start enrolling:

1. Verify that you work for the NHS by providing your NHS email address
2. Go to your NHS email and click on the verification email you just received
3. Download the mobile app and log into your Headspace account
Access their FAQ's and support for more information <https://help.headspace.com/hc/en-us/articles/360044971154>

The Foundation for Positive Mental Health <https://www.foundationforpositivementalhealth.com/>

App to enhance everyday wellbeing, increase resilience to, and recovery from, mental health difficulties. Covid19 – supporting your mental health with the Feeling Good App

(Free access code: username – coboost Password – positive) – please note offer may have closed

Other Apps

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.

How to access Sleepio

1. Visit

<https://www.sleepio.com/signup/start/plus/?showCodeInput=true&signUpPageReference=redeem>
on your laptop or desktop computer

2. Complete the sleep test

How to access Daylight

1. Click on the following link: <https://www.bighealth.com/en-gb/nhs-2020>
2. Answer a few short questions to tailor the programme to you
3. Sign up for an account using your name and email address
4. Download the Daylight smartphone app (search 'Daylight - Worry Less')

Online options and PDF embedded resources to help keep you well

Please take care when visiting external sites – we do not control their content or security settings.

- **My Possible Self** to help reduce stress, anxiety and low mood <https://www.mypossibleself.com/>
- **Mood Gym** interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety. <https://www.moodgym.com.au/>
- **i Talk** managing anxiety and mood management (**Hampshire based**) <https://www.italk.org.uk/>
- **Heads Up** – managing /disclosing your mental health at work <https://www.headsup.org.au/>
- **Tea and Empathy Facebook Group** – a national, informal peer support network aiming to foster a supportive culture throughout the NHS. <https://www.facebook.com/groups/1215686978446877/>
- **Action for Happiness** - Evidence-based approaches to general wellbeing and happiness, includes information about mindfulness, creating happy workplaces and communities <https://www.actionforhappiness.org/>
- **Living life to the full** www.lltff.com
Free access code: **nhsstaff** Health and social care staff and their families. Valid until June 30th, 2020. 3 months free access to LLTTF Plus course starts whenever you register.

Here's where to get more help: <https://code.lltff4.com/> please note offer may have closed



LLTTF Coronavirus
health worker.pdf.pdf.

- **Coronavirus – Staying Well PDF**



Coronavirus -
Staying Well.pdf

- **NHS Employers Health, Safety and Wellbeing**
<https://www.nhsemployers.org/covid19/health-safety-and-wellbeing>

- **Emotional and psychological survival guide - Red Whale**



pearl-emotional-and-
psychological-wellbei

- **Oxford Mindfulness** - are running sessions online for free
<https://oxfordmindfulness.org/online-sessions-podcasts/>
- **NHSE Workforce, Training and Education Directorate** page on wellbeing
<https://www.hee.nhs.uk/coronavirus-covid-19/wellbeing>

Confidential

0333 9875158 website www.confidential-helpline.org available 24/7.

Confidential is a telephone helpline service manned by dedicated dentist volunteers who have received training in listening to colleagues who are in a state of emotional distress. We aim to help callers find their way to a solution and are often able to signpost callers to the most appropriate organisation who can help them. We can listen, be empathetic and understand a caller's anxieties. We are non-judgmental and interested (rather than interesting) recognising that the caller may have no-one else with whom to share their anxiety. Our purpose is to provide emotional first aid for dentists in distress. We can allow you to offload and talk through your issues in complete confidence; we will then offer you signposting to further useful organisations if appropriate.

Mentoring

Often it just helps to tell a trusted colleague or peer how you are feeling, speaking to a loved one or friend shares the load and can make all the difference. Sometimes it's easier to speak to someone not connected to your clinical work especially if you don't want to worry your family. Mentoring support may help, addressing the here and now - fears, anxiety, or strong emotions. They can also signpost you to more specialist skills, organisations and reliable sources of information.

Dental Mentors UK

A group of dental professionals who are qualified/very experienced mentors provide mentoring sessions for colleagues. Their contact details are included on the Dental Mentors UK website www.dentalmentorsuk.com. You should contact the mentor of your choice directly to arrange a telephone call. The web pages also include a list of other organisations offering support.

If you feel that you are not coping - If things seem overwhelming or you have concerns - **Do speak to your line manager or a colleague.**

NHS Health Programme

All NHS doctors and dentists in England now have access to a comprehensive mental health service and can get confidential advice and support, in person or over the phone, if they've faced a stressful incident at work or feel they are struggling with their mental health. Staff can access support 24/7 through a dedicated phone line and a crisis text service available through the night.

<https://www.practitionerhealth.nhs.uk/>

How to contact NHS Practitioner Health: call 0300 0303 300 or email prac.health@nhs.net

The line is open Monday to Friday 8am to 8pm and Saturday 8am to 2pm.

Text NHSPH to 85258 for the out-of-hours crisis text service.

Dentists' Health Support Trust

This is a charity run by dentists, for dentists.

<https://www.dentistshealthsupporttrust.org/>

For confidential advice, please call: 0207 2244671 (lines open 7.30am to 10.30pm, 365 days a year)

The service is free and entirely confidential, email: dentistsprogramme@gmail.com

Local Dental Committees

LDC's operate across the whole of the UK. As part of their role they provide pastoral support to dental practitioners and many provide practitioner advice and support schemes (PASS). A list of contacts is available: Find your Local Dental Committee: bda.org/dentists/representation/gdps/ldcs/ldc-contacts

The British Doctors' and Dentists' Group

This is a mutual support society for doctors and dentists who are recovering, or wish to recover, from addiction to or dependency on alcohol or other drugs. It provides venues to meet for confidential, mutual support and encouragement. Website: www.bddg.org

BDA – Health Assured – BDA member association – employee assistance programme

A confidential benefit, dealing with personal and professional problems. Helpline 24/7, 365 days a year
Service for BDA members, immediate family (that is spouse or partners and dependent children aged 16 to 24 who are in full time education or living in the same household),

- Life support: counselling for emotional problems
- Legal information: including debt management, accountancy, lawsuits, consumer disputes, property or neighbour disputes.
- Bereavement support
- Medical information
- CBT online
- Virtual library of wellbeing information

Benevolent Fund www.bdabenevolentfund.org.uk 02074864994

The charity provides financial aid to dental students, dentists, and their families in need, whether they are in training, in practice, have left the profession or are retired.

Broader Support

Alcoholics Anonymous UK

Tel: 0800 917 7650

Website: www.alcoholics-anonymous.org.uk Email: help@aamail.org

Bright Sky

Bright Sky is a free to download, confidential mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know. The app is also available to use in Polish, Punjabi and Urdu. [Bright Sky](https://www.bright-sky.org.uk/) <https://www.bright-sky.org.uk/>

Depression Alliance: www.depressionalliance.org Call on 0845 123 23 20 to request their information pack or email: information@depressionalliance.org

Mental Health Helplines Partnership: www.mhhp.org.uk

Mind have an access tool for those needing urgent help, extract from their website below:

This tool is designed to help you understand and manage your situation when you feel like you need help. If you want to speak to someone right now, the quickest route is to access emergency services. For urgent medical attention, your options are Accident & Emergency (A&E) and Emergency GP appointments. For urgent medical advice you can call the NHS 111 (England) or NHS Direct (Wales). www.mind.org.uk Info line: 0300 123 3393

Narcotics Anonymous

UK Helpline Tel: 0300 999 1212 – 10am to midnight

Website: www.ukna.org

Refuge

Tel: 0808 2000247 The Freephone National Domestic Abuse Helpline is open 24 hours a day, seven days a week.

Website: www.refuge.org.uk

Our expert advisers offer confidential, non-judgmental support and information as well as access to specialist domestic violence services across the country.

service by - Domestic Abuse Directory www.womensaid.org.uk/domestic-abuse-directory

Relate is a charity providing relationship support throughout the United Kingdom. Services include counselling for couples, families, young people and individuals, sex therapy, mediation and training courses. Relate also offers online services including webcam counselling and a therapeutic based Live Chat service. www.relate.org.uk

Samaritans

The Samaritans provides confidential non-judgemental emotional support, 24 hours a day 365 days a year, for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Tel: 116 123 (FREEPHONE for callers in UK mainland and Republic of Ireland) Website:

www.samaritans.org Email: jo@samaritans.org (for emotional support)

#StayAlive

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. <https://www.stayalive.app/>

The Royal College of Psychiatrists: www.rcpsych.ac.uk/info

Women's Aid www.womensaid.org.uk info@womensaid.org.uk Work to ensure women are believed, know abuse is not their fault and that their experiences have been understood. Access local domestic abuse.