

Dear all

As you are aware, I work as a lead and clinician for NHS Practitioner health, which is a free, confidential NHS service for doctors and dentists across England with mental illness and addiction problems.

We know that healthcare workers face stressors and difficulties at the best of times, but in these times of Covid19, these feelings may be heightened by worries over uncertainty and the unknown. With the increasing pressures on the healthcare system, NHS workers are potentially facing significant stress and trauma, as well as many of us having strong feelings of fear and guilt.

The Practitioner Health Service have gathered resources together to help, as well as [our own service](#) which is still running as normal.

### **Crisis line**

We have a 24/7 crisis line for urgent help - text NHSPH to 85258.

### **Doctors common room**

[This](#) is run twice daily on zoom for 75 mins. It is a positive place to come together, to connect and to establish a safe, containing space in which to think and reflect. People can join the group when they wish and there is no expectation that people will attend every group. It's designed to be a place people can come to if and when they can. Book [here](#)

### **On-line support for ALL NHS staff - #OurNHSpeople wellbeing support**

NHS England and NHS Improvement have launched a [new Wellbeing support](#) to all NHS staff through a helpline, and text service at all times of the day from trained professionals in a number of areas, from coaching and bereavement care to mental health and welfare support.

Text frontline to 85258 any time of the day or night or ring 0300 131 7000 from 7am to 11pm.

### **Resources**

- **podcasts**, [webinars](#) and [videos](#) around managing anxiety, social media etc,
- **apps** (eg **Headspace** is free to all healthcare professionals till Dec 2020, **silvercloud**, **sleepio** etc)
- resources from psychology tools and other helpful websites

### **Daily guided mindfulness**

30 mins of guided mindfulness daily at 7.30pm. Book [here](#)

### **Other events**

Such as a wellbeing choirs, yoga, forthcoming webinars on managing anxiety and fatigue and getting back to our roots.

Please do share these in your networks and stay safe.

Warm wishes

Kate

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