



# Caring for those who care COVID19 - Information and resources for Allied Health Professionals



Dear AHPs

I am so thankful to you all for the amazing work you are doing to support the COVID-19 pandemic. At this time it is really important to also look after your own health and wellbeing, supporting services at this time will be a marathon not a sprint. Some top tips from me are:

- ✓ **Be kind to yourself**, you are doing the best you can in the circumstances
- ✓ **Manage how much media you access** – go to [Gov.uk-coronavirus](https://www.gov.uk/coronavirus) for accurate information
- ✓ **Look after each other**, when under pressure keep an eye out for colleagues who are struggling and need a kind word or to take 10 minutes
- ✓ **Working from home** – try to create separate space for home and work were possible
- ✓ **Make time**- to rest and to check in with family and friends use virtual chats, texts and calls
- ✓ **Plan ahead** so that you have access to healthy snacks and drinks

And importantly remember how much you are valued, I am extremely proud of the work you are all doing.

Chief Allied Health Professions Officer (England)

## Health and social care staff

**Living life to the Full** 3 months free access for all health and social care staff. Register using code **nhsstaff**

**NHS- Mental health apps** A range of free and paid for apps that have been assessed against a range of NHS standards

## Other Useful resources

- [PHE- Guidance for the public on the mental health and wellbeing aspects of Coronavirus](#)
- [Free e-Ifh Coronavirus programme](#)
- [Intensive care society: wellbeing library](#)
- [World Health Organisation Coronavirus mental health considerations](#)
- [Mental Health Foundation- coronavirus](#)
- [Everymind matters](#)
- [Mind- Coronavirus and your wellbeing](#)

## Five Ways to Wellbeing

- Connect** – with family, friend colleagues and neighbours
- Be Active**- go for a walk, run step outside play a game (within Social distancing guidance) [10 minute work outs NHS Fitness Studio](#)
- Take notice**- be curious, savour the moment
- Keep learning**- try something new, rediscover an old interest
- Give**- Do something nice for a friend or stranger



Free to NHS Staff until December 2020

## NHS employers- free access to wellbeing apps for all NHS staff

### Unmind

A mental health platform that empowers staff to proactively improve their mental wellbeing

- Sign up with your NHS email address
- Download the Unmind app from your appstore - your organisation name is NHS.

### Sleepio

**Sleepio** -is a clinically-evidenced sleep improvement, using cognitive behavioural techniques to help improve poor sleep

### Daylight

**Daylight**- smartphone based app, provides help to people experiencing symptoms of worry and anxiety

### Headspace

Science-backed mindfulness and meditation, app providing unique tools & resources to help reduce stress, build resilience, and aid better sleep.

- Click link above for NHS staff access, option to select clinical or non-clinical staff.
- Use your NHS email address to sign up.

30<sup>th</sup> March 2020