



HEALTH & WELLBEING

We have collated the following to signpost all our staff to a number of free health & wellbeing resources. It is more critical than ever that in this current climate you also look after yourself. If you have any queries please contact us at ccs.blmk.traininghub@nhs.net

Keeping Well is a free confidential psychological support service run by care professionals for care professionals, in Bedfordshire, Luton and Milton Keynes. The Keeping Well Helpline for dealing with stress, anxiety or low mood. For more information visit: www.keepingwellblmk.nhs.uk



ShinyMind is a mobile app developed by the NHS for the NHS to proactively provide daily wellbeing and resilience support. This app is available to all Primary Care Workforce for free.

To access ShinyMind download it from your App Store and email ccs.blmk.traininghub@nhs.net for your login details.



Calm is a mindfulness that focuses on sleep, motivation and relaxation. NHS staff have been given free access to Calm from now until the end of March 2021 to support their mental health and wellbeing.

Download the app on your mobile app store.



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.

For information on how to download this app visit: <https://www.headspace.com/nhs>



Sleepio is an online sleep improvement programme. It has been clinically proven to help you fall asleep faster, stay asleep through the night, and give you more energy during the day if you follow the programme correctly.

For more information visit: <http://sleepio.com/nhs-staff>



Daylight listens and talks to you, understands your challenges and goals, and guides you through learning and practicing proven strategies for reducing worry and anxiety in your life. This resource is free and available to all.

To access this resource visit: <https://onboarding.trydaylight.com/daylight/nhs-staff/100>



Unmind is a workplace mental health and wellbeing platform, empowering employees to measurably improve their mental health.

Visit their website for more on <https://help.unmind.com/en/articles/3810323-unmind-access-for-nhs-workers>



#ProjectM is a place and space for team leaders and managers to connect, share and learn together.

Access this resource at: <https://people.nhs.uk/projectm/>



NHS Bitesize Learning is a range of different topics that go through mindfulness, wellness and personal resilience to supporting others in difficult times, the power of emotional intelligence and compassionate leadership in a crisis. Visit <https://people.nhs.uk/all-guides/> to access this resource.

