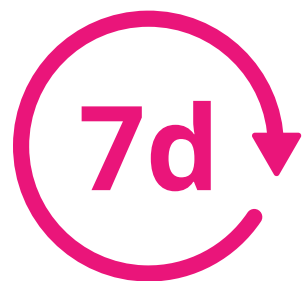


SUPPORTING OUR PEOPLE SOCIAL CARE & CARE HOME STAFF

HELPING YOU MANAGE YOUR OWN HEALTH AND WELLBEING
WHILST LOOKING AFTER OTHERS.

[Our NHS People](#) have introduced a confidential staff support line, operated by the [Samaritans](#), and free to access from 7am to 11pm, seven days a week.

The support line is there for you when you have had a tough day, feel worried or overwhelmed, with trained advisers to listen and help.



**OUR NHS PEOPLE
CALL: 0300 131 7000**



**TEXT FRONTLINE TO 85258 FOR
24/7 SUPPORT VIA TEXT**



**BEREAVEMENT
SUPPORT
CALL: 0300 303 4434**

Our NHS People also provide a confidential bereavement support line, operated by [Hospice UK](#), and free to access from 8am to 8pm, seven days a week. This service is available to support you and your family with bereavement and wellbeing issues related to loss experienced through your work.

WELLBEING APPS

You can gain access to a number of free wellbeing apps to support mental health and wellbeing during this time.

SILVERCLOUD

[SilverCloud](#) Health is a digital mental health platform which offers a range of programmes, used by over 300 healthcare providers and employers globally.

You and your family can **gain access**, via the SilverCloud app. **Access: Silver-cloud - Access Code: NHS2020**

SLEEPIO

[Sleepio](#) is a clinically evidenced sleep improvement programme, which utilises cognitive behavioural techniques to help improve poor sleep.

Sign up for a account using your name and email address. **Access: Sleepio**

DAYLIGHT

[Daylight](#) is as an app that provides help to individuals experiencing symptoms of worry and/or anxiety, utilising evidence-based cognitive behavioural techniques, voice and animation.

Sign up for an account using your name and email address. **Access: Daylight**

#STAYALIVE

[Stay Alive](#) app is a suicide prevention resource to help you stay safe in crisis. You can use the app if you are having thoughts of suicide or concerned about someone else who may be considering suicide.

Download the #StayAlive app from your app store. **Access: #Staylive**

ACCESS TO SERVICES

Local services across Staffordshire continue to be fully operational during the COVID-19 crisis with assessments and treatment delivered remotely via telephone or videocall Click here to visit our [Wellbeing page](#) or telephone **0300 303 0923**.

If you are concerned about your mental health or someone you care for, whatever their age, you can contact our **ACCESS TEAMS**— at any time - **0300 123 0907 (OPTION 1)** if you live in **North Staffordshire** and **0300 555 5001** if you live in **South Staffordshire**