SGPET week 4 Andrew Tresidder

**Help is at Hand!**

Thank you for all you continue to do, especially working normal days on Good Friday and Easter Monday, and for the Herculean tasks of checking lists and ensuring letters go to the right people - quite apart from ‘Business as usual’.

Last week saw the announcement of help and support for all NHS Staff, in addition to whatever informal and formal support you have in your own organisation.

[www.people.nhs.uk/help](http://www.people.nhs.uk/help) has online resources to support all NHS Staff. Want support, signposting and confidential listening? You’ll find a confidential Staff Support line 0300 131 7000 run by the Samaritans, open all day from 7am till 11pm, and support by text 24/7 by texting FRONTLINE to 85258.

Want free access to online resources to support mental wellbeing? Silver Cloud’s excellent Space from Stress is used widely by NHS Practitioner Health, there are other programmes such as Space for Resilience and Space for Sleep. Then there’s Headspace (mindfulness and calm), Daylight (calms worry and anxiety), Sleepio (improve sleep using CBT), Unmind to help improve mental health. Take your pick, and do share with colleagues

Want a great visual from NHS Scotland? (thankyou Martyn Hughes for this one!). The poster’s a good summary of how to cope in challenging times. The key messages are: 1 how we can take control of our (di)Stress, 2 the two ways of coping – problem-solving and emotion focused, 3 practical advice on balance in life, and 4 building inner strength

<https://learn.nes.nhs.scot/28409/quality-improvement-zone/learning-programmes/scottish-quality-and-safety-sqs-fellowship-programme/stress-coping-and-resilience-poster> Suggestion – print three out – one for your room, one for the staff room – and one for a friend!

I love the last section of the poster – stay flexible, respect your own (and other’s) needs, keep connected, remember what’s important in life, there’s still a world out there, talk to others, rest, and seek help when you need it.

To which we add – High quality sleep is the best medicine you can have!