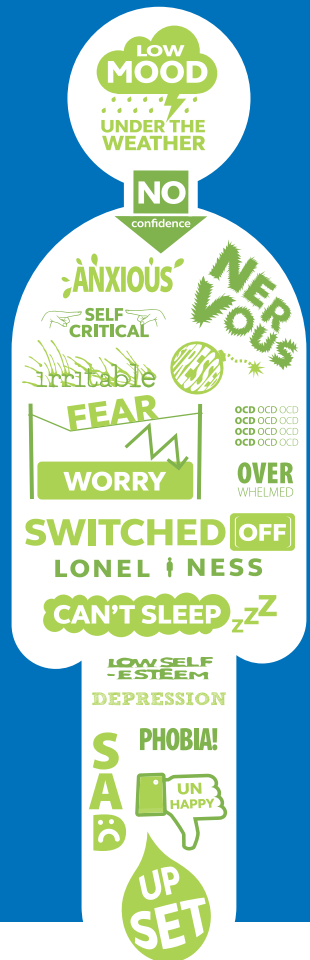


Supporting Lincolnshire's health and care staff through COVID-19

1 in 4

people experience
problems with
mental wellbeing

You are not alone.

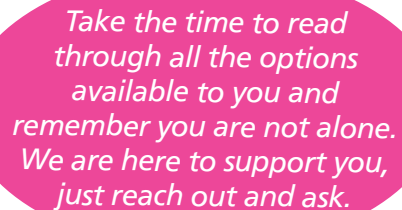


The Coronavirus pandemic has had a profound impact on our entire communities, especially our health and care key workers.

Staff have faced a great deal of uncertainty, anxiety and pressure to respond in often difficult circumstances, as well as carry the emotional load for themselves, their families and those they care for.

Your emotional and mental wellbeing is extremely important to us and we have been working as a health and care system to ensure that you have dedicated support available during these challenging times.

We have been able to bring together a number of resources that can support you with your emotional wellbeing, as well as a dedicated wellbeing helpline for when you need to talk.



Take the time to read through all the options available to you and remember you are not alone. We are here to support you, just reach out and ask.

If you feel like you still need more help, we will also be providing priority access to our talking therapy services.

Self-help

The **Every Mind Matters NHS website** is a good place to start and provides self-help information and mental wellbeing guides that anyone can access.

Visit: www.nhs.uk/oneyou/every-mind-matters

The NHS has developed their **Our NHS People** site, which has wellbeing guides and free support apps, NHS staff can access.

Visit www.people.nhs.uk

Finally, our **Lincolnshire Staying Well website** brings together some of the local and national wellbeing resources available, free of charge: www.lpft.nhs.uk/LincsStayingWell

Emotional wellbeing and support

During our local COVID-19 response, our staff wellbeing team have been operating an emotional support telephone line for all staff across the health and care system. It is our intention to continue to offer this service for the foreseeable future. Staff can call and speak with a practitioner confidentially about issues concerning them.

The team will be able to triage your needs and provide further signposting or referral to services which might be helpful, or can just be there to offload, wobble, or even just chat in a judgement free, safe space.



*Call the team
01522 569512 or
01522 518609
email
lpft.staffwell-being@nhs.net*

*9am to 5pm
Monday to Friday*

Talking therapies with steps2change

For staff who might be better supported with specialist talking therapies, we are able to offer priority access to steps2change.

Steps2change provide evidence-based talking therapy for people with common mental health problems, and is available to anyone over the age of 16 who is experiencing issues relating to anxiety and/or depression.

The team of experienced and qualified professionals will work with you to understand your difficulties and provide the appropriate treatment intervention. You will get a chance to talk about your issues in a confidential and non-judgemental environment. You will receive an individually tailored treatment package to help you recover.

There are teams based all over the county and we offer appointments throughout the day on the telephone, online or at bases in the following locations, Boston, Gainsborough, Grantham, Lincoln, Louth, Skegness, Sleaford, Spalding and Stamford.

How to get help from steps2change

- Speak to the staff wellbeing support line, who will signpost/ refer you to appropriate support to meet your needs.
- Self-refer to steps2change directly on their website www.steps2change.nhs.uk
- Contact our single point of access contact centre by calling **0303 123 400** (available 24/7).
- Discuss your problems with your manager, GP, HR/ Occupational Health Team or other health professional who can refer you to the service using the organisational referral form to lpft.steps2changereferrals@nhs.net

None of the services mentioned are an emergency service. If you need immediate help, please contact your GP or their out of hours service. Alternative support services are detailed below:

- NHS 111 number
- Lincolnshire mental health and emotional wellbeing helpline - 0800 001 4331 (open 24/7)
- Samaritans - 116 123
- Sane Line – 0300 304 7000 (4.30pm-10.30pm daily)
- The Silver Line (helpline for older adults) 0800 470 8090
- LPFT Single Point of Access – 0303 123 4000 (24 hours a day)
- You can also present at your local A&E if you are unable to keep yourself safe, or you have self-harmed and require medical attention.