

\*National Resources highlighted in Pink

## Online support and self-care Resources available via the staff web.

\*Free Apps: [Unmind](#) | [Headspace](#) | [Daylight](#) | [Sleepio](#)

\*Stress Control: Free six week CBT course

\*Our NHS People: [people.nhs.uk](https://people.nhs.uk)

### \*10 min guides:

- [ABC Guide to personal resilience](#)
- [Creating a 10-min pause space](#)
- [Personal resilience: An anchor in the unknown](#)
- [Team resilience](#)

\*Common Rooms: Meet other professionals in a safe and guided space [www.practitionerhealth.nhs.uk](https://www.practitionerhealth.nhs.uk)

\*SilverCloud: Free modules on stress, resilience, sleep and anxiety

Virtual yoga, relaxation and other workout videos

Online guided meditation

Mindfulness virtual sessions

Online support videos

Free audio and e-books

Quick tips for coaching and supporting staff

Financial Ways to Wellbeing



## Telephone and peer support

Staff Wellbeing Network: 0800 633 55 47  
[staffwellbeingnetwork@ncic.nhs.uk](mailto:staffwellbeingnetwork@ncic.nhs.uk)

VIVUP 24/7 EAP: 03303 800658  
[www.vivup.co.uk](https://www.vivup.co.uk)

Freedom to Speak Up Guardian:  
[Freedomtospeakup@ncic.nhs.uk](mailto:Freedomtospeakup@ncic.nhs.uk)

\*NHS National Staff Support Line:  
0300 131 7000

\*National 24/7 text support:  
Text FRONTLINE to 85258

\*Bereavement and loss support:  
0300 303 4434

\*Able Futures: 0800 321 3137  
[www.able-futures.co.uk](https://www.able-futures.co.uk)

Coaching for Leaders and Managers (CLIC)  
Medic-to-Medic Peer Support

Coaching and support for managers  
from Health Psychology Team



## Support from others

Occupational Health: [occupationalhealth@ncic.nhs.uk](mailto:occupationalhealth@ncic.nhs.uk)

Workforce Hub: [COVID.WorkforceHub@ncic.nhs.uk](mailto:COVID.WorkforceHub@ncic.nhs.uk)

### Bereavement Team

Cumberland Infirmary: 01228 616878  
West Cumbria Hospital: 01946 523309

Safeguarding Team: [nca-tr.safeguardingncic@nhs.net](mailto:nca-tr.safeguardingncic@nhs.net)

[www.every-life-matters.org.uk](https://www.every-life-matters.org.uk)

24/7 Pause for Thought spaces and pastoral support  
For all faiths and none

Wellbeing/Calm rooms developed by teams

Wellbeing Walls signposting to support services

Meet and Greet and snack stations at CIC and WCH

Local and national domestic violence support services

Unions

Support from local and national support services  
Including MIND and Every Mind Matters.

Signposting by Health Advocates / Mental Health First Aiders

NHS Discounts:

[www.england.nhs.uk/coronavirus/nhs-staff-offers/](https://www.england.nhs.uk/coronavirus/nhs-staff-offers/)

