

Mental Health and Wellbeing support to the care workforce during the Covid-19 pandemic in BCP



Support for managers and care workers across the sector is crucial and we all recognise the valued part everyone has to play in continuing to care for vulnerable people in the BCP Council area. Providing good quality care in these current times is undoubtedly stressful with the additional pressures brought about by COVID 19. This bulletin is to remind you of the resources and support available to you and your staff.

BCP Council is working in partnership with Partners in Care to help signpost you and your staff to wellbeing information and advice. For ease we have grouped the offers into a menu of options:

Local offers:

Local resources available via Dorset Healthcare
More details can be found here [Access Mental Health](#)

Free counselling sessions - ** Great news – Comic Relief have funded additional counselling sessions**

Access to confidential listening sessions with a professional therapist - 6 x free counselling sessions. **Check out** www.psychotherapydorset.co.uk or **Phone: 07714 330120**

‘Call of the Wild’ online support

1-hour webinar based on the premise that in the UK 1 in 4 will experience a Mental Health problem at any one time, therefore it is vital that Employees / Employers can recognise it in themselves and other members of staff. **Reserve a place through Lauren of Chester Pearce via lauren@chesterpearce.com**

COVID-19 Mental Wellbeing resources via Dorset Healthcare www.dorsethealthcare.nhs.uk/coronavirus-wellbeing-support

Live Well Dorset resources
lots of healthy living information via www.livewelldorset.co.uk/covid-19-information or **Phone: 0800 840 1628.**

Dorset Mind - for self-help groups and resources, see <https://dorsetmind.uk/>

Connection (NHS Mental Health helpline)

Available 24/7 for people of all ages, experiencing mental health problems and needing support. **Phone: 0300 123 5440**

Enhanced Health and Wellbeing Support for NHS, Primary and Social Care staff, more details to follow of this project which builds upon collaborative work during the peak of Covid-19. This will include a number of different levels of support for staff including coaching & mentoring and access to Psychological First Aid.

National Offers:

NHS tips for dealing with stress

[Here](#) you will find advice on how to look after your mental wellbeing.

Helplines available for adult social care staff - Samaritans helpline 24/7

Speak to a trained Samaritans volunteer who can help with confidential listening and signposting to specific support.

Call: 0300 131 7000

07:00 – 23:00 / 7 days a week

Hospice UK - Bereavement and trauma helpline

Speak to specialist counsellors who can help if you have;

- experienced a bereavement
- anxiety or emotional issues or your wellbeing has been affected by events in work due to COVID-19.

Call: 0300 303 4434, 08:00 – 20:00 / 7 days a week

Mental Health Foundation [resources](#)

Tips on relationships, parenting and financial worries.

Care Workforce App

Wellbeing guidance, resources and support can be found on this app. Search '**Care workforce**' for the free app on the Apple App store or click [here](#). Includes information on:

- **Daylight**: provides support to people experiencing symptoms of worry and anxiety
- **Sleepio**: a clinically-evidenced sleep improvement programme

- **Silvercloud**: offers mental and behavioural programmes to support those experiencing difficult emotions as a result of the pandemic

Frontline 19 – free & confidential support service

Provide Free & Confidential Psychological Support Service – for all frontline staff: <https://www.frontline19.com/#about>

Skills for Care resources and support

Building your own resilience

<https://www.skillsforcare.org.uk/Leadership-management/managing-people/resilience/Building-resilience.aspx>

Bereavement & Trauma Line

fully qualified and trained professionals ready to help you at the Bereavement & Trauma Line. This assistance is available from anywhere in the country and is provided by Hospice UK. All calls will be treated in the strictest of confidence. You do not need a referral. **Call 0300 303 4434, 8:00am – 20:00pm / 7 days a week**

For more information on any of these support offers or for further advice please contact the Partners in Care team via picare@bpc.ac.uk or call 07887 717068