

## Wellbeing and mental health support package for social care staff

The government have developed an emotional, psychological and practical support package for all adult social care staff during the COVID-19 response. The support package currently includes free access to several health and wellbeing apps, guidance on supporting your wellbeing and a bereavement and trauma support line run by Hospice UK. The Samaritans have launched a dedicated staff support helpline for all adult social care staff, providing confidential listening and signposting to other sources of support.

Here is how you can access these resources:

### Daylight and Sleepio

**Daylight** is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice, and animation.

**Sleepio** is a clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

Free access to both Daylight and Sleepio is active now until 31 December 2020. This covers all staff working in social care, including volunteers. Staff are free to sign up with either a work or personal email address.

How to access Daylight:

- Click on the following link: <http://trydaylight.com/care-access>
- Enter your postcode and answer a few short questions to tailor the programme to you
- Sign up for an account using your name and email address (work or personal)
- Download the Daylight smartphone app (search 'Daylight - Worry Less' on both iPhone and Android)
- Get started!

How to access Sleepio:

- Click on the following link on your laptop or desktop computer: <http://sleepio.com/care-access>
- Enter your postcode and sign up for an account using your name and email address (work or personal)
- Click 'Personalise Sleepio'
- Get started!

### SilverCloud

**SilverCloud Health** have set up a dedicated website to provide you with wellbeing support during this time.

- COVID-19 – Support for the difficult emotions and situations you may face during the pandemic. Helping you to deal with worry, sleep issues, bereavement, isolation and work-life balance.
- Sleep – Learn how to fall asleep faster and stay asleep with healthier habits.
- Stress – Manage stress and learn healthy coping skills.
- Sleep – Enhance your wellbeing and your ability to bounce back from challenges.

How to access SilverCloud:

Sign up now at:

<https://dhsc.silvercloudhealth.com/signup/>

PIN: SOC2020

### Wellbeing Guidance

Guidance can be found at:

<https://www.gov.uk/government/publications/coronavirus-covid-19-health-and-wellbeing-of-the-adult-social-care-workforce>

### Bereavement & Trauma Line

There is a team of 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. Specialist counsellors and support workers are available to support all adult social care staff:

- who have experienced a bereavement
- whose wellbeing has been affected by witnessing traumatic deaths as part of their work
- to discuss any other anxiety or emotional issues they are experiencing as a result of the coronavirus epidemic.

All calls will be treated in the strictest of confidence and this will be explained to you when you call. This service is open to you and all adult social care staff and is available, seven days a week, between 8am and 8pm. You do not need a referral. Call **0300 303 4434**

### Samaritans helpline

In the current climate, you may be feeling stressed or anxious. You might be having more tough days, feeling worried or overwhelmed or you maybe you have things on your mind that you want to talk through.

Samaritans have introduced a confidential emotional support line for social care staff that is free to access from 7:00am-11:00pm, seven days a week. You can speak to a trained Samaritans volunteer who can help with confidential listening and signposting to specific support you might find helpful. Call **0300 131 7000**