

# Supporting Our Professionals

## A Focus On Wellbeing Apps...

... We've found some of the best apps so you don't have to

There are eight dimensions of wellness: occupational, emotional, spiritual, environmental, financial, physical, social, and intellectual. Each dimension is inter-connected to all others, and each is equally vital in the pursuit of optimum health. To varying degrees, the ongoing global COVID-19 pandemic is affecting most of us on several of these levels. There is a wealth of support out there; here are a few apps which may prove useful, several of which are currently free to NHS staff.

### SilverCloud



**SilverCloud** believe that, with the right insight, advice, and actions, most people can take an active role in thinking and feeling better, and they deliver programmes that build on this belief. (Use code NHS2020).

### Sleepio

**Sleepio** is a clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep. Sleepio's purpose is to help millions back to good mental health.

### unmind



Mental wellbeing. Done well. **Unmind** is a workplace mental health platform that empowers organisations and employees to measurably improve their mental wellbeing. Unlimited free access for NHS employees.



**CBT Clinics'** passion and area of expertise is psychological healthcare – it's all that they do. Their mission is to transform psychological healthcare... to give people the help they need, when they need it, how they want it, regardless of where they live.



**The Foundation for Positive Mental Health** is a charity dedicated to promoting skills training for positive mental health, to enhance everyday wellbeing, and increase resilience to/recovery from mental health difficulties.



**Clementine** have created a series of helpful hypnotherapy sessions to help manage anxieties and stresses. Hypnosis guides you to a wonderful, meditative place where the world falls away – you're neither fully present nor fast asleep. In this state, your brain is really receptive to new ideas.



When times are tough, be kind to your mind. **Headspace** is everyday mindfulness for everyone. Stress less, sleep soundly, and be more resilient. Headspace can help you learn the life-changing skills of meditation and mindfulness, to use whenever you need it most.



**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.



### NHS Practitioner Health Events Calendar

A calendar of upcoming workforce wellbeing events, including webinars, meetings, podcasts and more.

If you are feeling particularly overwhelmed or distressed, the Appraisal Service can be a safe place to talk to someone in confidence. Please contact us on [appraisal.wx@hee.nhs.uk](mailto:appraisal.wx@hee.nhs.uk) marked CONFIDENTIAL and we will get back to you.

