

Supporting Our Professionals

Time to take stock...

...as the 'new normal' takes shape

Now that shops are re-opening and lockdown is easing, the flurry of activity around creating new channels of support for healthcare workers is slowing down. This is a good chance to review what we have done since the beginning of the COVID-19 pandemic.

Over the past ten weeks, we think that we have brought you some of the best resources, as and when we have found them, as well as a few things that were for fun, relaxation, and to lift your spirits. Going forward, we are planning to reduce the frequency of these newsletters, but we hope that you have enjoyed receiving them and that, by presenting resources to you, it has reduced the burden on you to screen all those e-mails offering help. It has led to us developing our website, to highlight many forms of help that we hope will continue to be of relevance in the future.

One of the main learning points for us has been that the impact of COVID-19 has been very variable, both between individuals and over time; one of our main concerns has been to stratify the response so that you can find what is most useful to you.

Here's a quick recap of some useful resources:



"I'm sinking and I need help - now!"

Your first port of call should be your own GP, or the **Practitioner Health Programme**.

Download the **#StayAlive** app, a suicide prevention resource for the UK packed full of useful information and tools to help you stay safe in a crisis.

You might also like to take a look at **Accessing Support** for other useful links.

"I'm still afloat... ...but only just"

Do you think that some one-to-one intervention would help? The **Wessex Appraisal Service** can be a safe place to talk to someone in confidence.

Please send an email - marked **CONFIDENTIAL** - to us at appraisal.wx@hee.nhs.uk and we will get back to you.

Red Whale has also produced a useful **Emotional and Psychological Survival Guide**.

"I'm bobbing along nicely - and want to stay that way"

We have gathered together some of the best online and digital resources about maintaining your **physical and mental wellbeing** at a time of stress, with descriptions to help you find what you need easily.

What about trying a **Thinking Pitstop**? Click for more information.

We have also produced our own **Wellness Guide**, to serve as a reminder that we must take care of ourselves. It sounds obvious, but so many people do not take time out to relax, neglect their diet, and forget the importance of a good night's sleep!

Ask for help. Not because you are weak, but because you want to remain strong.

