



# MENTAL HEALTH & WELLBEING SUPPORT

FOR ALL FRONTLINE STAFF  
& KEYWORKERS  
APRIL 2020



### Mental health and wellbeing resources

You can find a wide range of mental health and wellbeing resources on the Greater Manchester Health and Social Care Partnership's mental health website

<https://hub.gmhsc.org.uk/mental-health/covid-19-mental-health-and-wellbeing-resources/>

You can also find information on [Where to get help if you or a loved one are feeling distressed](#)



Feeling stressed about COVID-19? SilverCloud can help you to maintain a healthy mind during this challenging time. SilverCloud offers online programmes for adults (aged 16 years+) to help ease your levels of stress, sleep better or to build resilience. You can choose to use any of the programmes. They are self-help, confidential and secure.

#### How do they work?

- Read through content, use tools, videos and activities to help you to feel better
- All information you enter is anonymous, confidential and secure
- Access them anytime, on any device (your phone, computer or tablet)
- Work at your own pace, programmes take around 6-8 weeks to complete
- Each programme is built on proven methods such as cognitive behavioural therapy (CBT) and positive psychology.

**Instant access to self-help support:** <https://GM.silvercloudhealth.com/signup>



The Our Frontline offer is [open to anyone that the Government has described as a essential/keyworker](#) including:

1. NHS workers - Staff at the frontline of the COVID19 crisis. Doctors, nurses, hospital workers, GPs.
2. Social care staff - Staff and volunteers working in the private, public and voluntary sectors. Care home workers, home carers, social workers, those working in palliative care, and volunteer carers.
3. Blue light staff - Police, fire and ambulance service staff working to keep us safe.
4. Key and essential workers - The people who are taking risks by going to work- the bus and tube drivers, the factory staff, the food delivery people, the teachers, the supermarket staff.

## What the service offers

[Support for you if you work in health](#)

[Support for you if you work in the emergency services](#)

[Support for you if you work in social care](#)

[Support for you if you're a key worker](#)

There are lots of [other resources on their website](#)



Our team can help you to:

- Identify resources and support in your local area
- Clarify the things you may need to do and who to contact
- Access ongoing support services and groups
- Find out about resources available nationally

Tel: 0161 983 0700

Email: [SB.IS@nhs.net](mailto:SB.IS@nhs.net)

Monday - Friday 10am - 4pm (Excluding bank holidays)

## NHS Bereavement Helpline

The NHS Bereavement Helpline has been introduced by the NHS to support bereaved families during the Coronavirus outbreak. It offers guidance, support and advice to families dealing with loss and grief of a loved one at this difficult time.

NHS helpline staff listen carefully to each individual who calls to determine what level of support they need or can be directed towards. We are working with a number of charity partners who have offered their services for us to direct people towards. We will be signposting the callers to services ranging from the practical to specialist bereavement and emotional support. This is not a counselling service.

The helpline is open 8am to 8pm every day.

NHS Bereavement Helpline number 0800 2600 400

## Coming soon .....Greater Manchester Bereavement Service

Offering telephone support for those bereaved or affected by a death. Providing information to help with practical issues and details of bereavement support that is available across Greater Manchester and nationally.

Tel: 0161- 983-0902

Monday 9am - 5pm,

Tuesday 9am – 5pm

Wednesday 9am - 8pm

Thursday 9am - 5pm

Friday 9am - 5pm

Excluding Bank Holidays

Website: [Greater-Manchester-Bereavement-Service.org.uk](http://Greater-Manchester-Bereavement-Service.org.uk)

This is a summary report based on an initial  
independent evaluation by the University of Manchester

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## END NOTES