



**Support
available for our
NHS people**

We know that our NHS people are often faced with significant stresses. We can only achieve extraordinary things for our patients if the safety, health and wellbeing of our NHS people is recognised as a key priority.

If you need someone to talk to, we have introduced a confidential text support service, you can access support by texting SHOUT to 85258 for support 24/7. This service is available to all our NHS colleagues who have had a tough day, who are feeling worried or overwhelmed, or who have a lot on their mind and need to talk it through.

It's important to ensure our health and social care colleagues are looking after themselves and get timely support should they need it, this in turn can help to support better patient care.

The free and confidential self-check tool can provide you with further information on the range of support offers that are available and help you to identify what option is the right one for you to access. [The self-check tool is now available.](#)

We also have a range of additional support offers in place for our NHS colleagues which suit a range of different health and wellbeing needs. Scroll through the options below to find the one that works best for you.

People Promise



Wellbeing Apps



#StayAlive

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

Bright Sky is a free to download, confidential mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.



WELCOME TO
BRIGHT SKY



unmind

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing.

Zero Suicide Alliance provides you with a range of free online learning sessions that provide you with a better understanding of the signs to look out for and the skills required to approach someone who is struggling, whether that be through social isolation or suicidal thoughts.

ZSA

People Promise



We are
compassionate
and inclusive



We are recognised
and rewarded



We each have
a voice that
counts



We are
safe and
healthy



We are
always
learning



We work
flexibly



We are
a team