Thank you for all for your hard work and support during this difficult COVID 19 period. Please see below various Mental Health and Wellbeing Support available to staff and residents in the care homes.

**Care Home Residents:**

* Please view of Maintaining Activities for Older Adults during Covid19. You can download it here <https://healthinnovationnetwork.com/healthy-ageing/maintaining-activities-for-older-adults-during-covid19/>

**Care Home Staff:**

* **Marie Curie:** Bereavement support - for bereavement support in South West London
* **Thrive LDN mental wellbeing webinars:** Thrive LDN is developing a series of NHS-led mental wellbeing webinars for both for the general public and for health and care workers. Keeping Well for Health and Care Workers webinars are held every Thursday from 4pm,

<https://thriveldn.co.uk/resources/keeping-well-for-health-and-care-workers-webinar-series/> and Coping Well During Covid-19 webinars are held every Tuesday from 4pm <https://thriveldn.co.uk/resources/coping-well-during-covid/>. The full schedule and recorded webinars are available from the Thrive LDN website <https://thriveldn.co.uk/resources/coping-well-during-covid/>

**Staff mental health and emotional well-being Evidence-based apps and personalised online tools:**

* **Worry and anxiety:** The free Daylight phone app teaches you to manage worry and anxiety by offering audio-led guidance tailored to you
* **Sleep:** Sleepio is a highly personalised free digital sleep-improvement program which helps you get to the root of poor sleep
* **Sleep:** There is also available now a great free Guided Meditation (<https://www.meditainment.com/meditation-for-falling-asleep>) ‘Falling Asleep’ (No. 20). Anyone who registers before December gets free lifetime access.
* **Good Thinking:** Online resources are signposted to through Good Thinking, including wellbeing information sources; guides to improving mental health; courses on and offline; mobile apps and other therapy approaches suitable for London’s modern, highly-mobile population. <https://www.good-thinking.uk/>
* **Substance misuse**: Breaking Free is an evidence-based digital treatment and recovery programme that allows users to recognise and address the issues that are driving their use of alcohol and/or drugs. Freely available to care homes for one year when signing up by 30th June 2020. Visit the website <http://www.breakingfreeonline.com/> , click SIGN UP and use the access code NHSE2020. This code is applicable for social care staff.

**Work and well-being**

* **Going Home checklist:** Find simple steps to help you manage your own wellbeing at the end of each working shift in this video <https://www.youtube.com/watch?v=Axgs0A76k3Y&feature=youtu.be>
* **Risk Assessment BAME staff:** Use Risk Reduction Framework for staff at risk of COVID-19 infection (pages 9 and 10) here and assessment here
* **Mental Health and Psychosocial Support** for Staff, Volunteers and Communities in an Outbreak of Novel Coronavirus’: Guidance from the British Red Cross for staff, volunteers and communities. Can be found here <https://pscentre.org/wp-content/uploads/2020/02/MHPSS-in-nCoV-2020_ENG-1.pdf>
* **Mental Health at work:** Information and resources for managers on taking care of your staff. Learn how to support your staff here <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/>
* **Anxiety and worry**: Access the Guide to managing worry and anxiety amidst uncertainty from Practitioner Health (Psychology Tools) here <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

**Further resources:**

* The stigma of COVID-19 can cause distress and isolation. Learn how to fight it here <https://www.youtube.com/watch?v=vinh0lIG1p0>
* Reflective debrief after a death: Support carers to take time grieving and reflecting together about the person that has passed away, what happened leading up to the death, what went well, and what didn’t go so well, what could have been done differently, and what needs to change as a result of the reflection – Resource from ‘What’s Best for Lily’ by UCL Partners. Find out how to do this by downloading resources here. <https://uclpartners.com/work/whats-best-for-lily-end-of-life-training-for-care-home-staff/>
* Care Workforce COVID-19 app: Get information and advice, swap learnings and ideas, and access practical resources on looking after your own health and wellbeing. Signup here <https://workforce.adultsocialcare.uk/join> or download the app using an Apple or Android phone.
* For access to more tips, free guides, assessments and signposted resources, visit Good Thinking <https://www.good-thinking.uk/coronavirus/how-to/>