

Dear NHS Colleagues,

Re: Mental health and wellbeing support for NHS FRONT LINE staff living in Merton, Sutton and Wandsworth during COVID-19 crisis

The current COVID-19 outbreak is currently causing a lot of distress among NHS staff, with many feeling anxious, stressed, worried, low and helpless in the context of great uncertainty. These feelings are an understandable reaction to the current very difficult circumstances. In most instances, with support from colleagues, friends and family, such difficulties will likely resolve fully once the outbreak subsides.

However, now is a time when we might all need some extra support. We are therefore writing to you to make you aware of our free offers of wellbeing and mental health support during this very difficult time, and to provide you with information on how to access them.

Offer of local mental health and wellbeing support

Our IAPT (Improving Access to Psychological Therapies) and Wellbeing services offer a range of online talking therapy options to help you manage symptoms of stress, worry, low mood and helplessness, and to build your emotional resilience. Anyone who is a resident of the boroughs of Merton, Sutton or Wandsworth can access our services. If you are a resident in another borough you can contact their services directly using details at the bottom of this letter.

To contact us, simply call our telephone hotline, email us, or complete an online self-referral form by using the self-referral function on our website. There will be no requirement for you to contact your GP and ask them to make a referral to us.

Merton

Telephone hotline (9 am – 5 pm): 020 3513 5888

Self-referral: <https://www.mertonuplift.nhs.uk/>

Email: ssg-tr.mertonuplift@nhs.net

Sutton

Telephone hotline (8 am – 5 pm): 020 3513 4044

Self-referral: <https://www.suttonuplift.co.uk/psychological-therapies>

Email: ssg-tr.suttonuplift@nhs.net

Wandsworth

Telephone hotline (8 am – 5 pm): 020 3513 6264

Self-referral: <https://www.talkwandsworth.nhs.uk/>

Email: ssg-tr.WANIAPT@nhs.net

Once you have made contact with us, our admin team will book you into an initial 30-40 minute telephone assessment with one of our clinicians. The aim of this will be determine what kind of support will be most helpful to you at this time. Please note that due to the risk of infection all our support options are currently delivered online via video call or via telephone, rather than face-to-face.

Throughout April and May, our staff will prioritize the treatment of NHS frontline staff, so we will aim to start your treatment as soon as possible after your initial telephone assessment.

FREE offer of online support you can access directly right now

Our partner organisation SilverCloud is offering a range of online self-help programs that can help ease stress and anxiety, improve sleep and build emotional resilience. The programs are approved by the NHS and are confidential and secure. To get free instant access please sign up at:

<https://nhs.silvercloudhealth.com/signup/>

To log in, please use this access code: SWLSTG2020

Please note: You can access SilverCloud directly, without needing to contact our IAPT and Wellbeing services.

How SilverCloud works

- You can choose from several programs, with each providing content, tools, videos, and suggestions for activities to help you to feel better
- Topics covered include: (1) Sleep: Learn how to fall asleep faster and stay asleep with healthier habits, (2) Stress: Manage stress & learn new coping skills, and (3) Resilience: Enhance wellbeing & your ability to bounce back from challenges
- You can access the online content anytime and on any device – i.e. mobile phone, computer or tablet, and you can work through the programs at your own pace
- Each program is built on proven scientific methods such as cognitive behavioural therapy (CBT) and positive psychology
- All information you enter into the system is anonymous, confidential and secure

Our Trust does not provide IAPT services in Kingston and Richmond. If you live in either of these boroughs you can contact the local IAPT services using the links below:

Kingston: <https://www.icope.nhs.uk/kingston/>

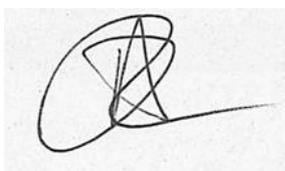
Richmond: <https://www.richmondwellbeing.nhs.uk/>

Our IAPT and Wellbeing services will continue to offer support during this outbreak and after it has subsided. Even if you choose not to use the support offered at this time please remember that we will be there to help when you need it.

Yours sincerely,



Dr Hendrik Hinrichsen
Clinical Lead, Trust IAPT and Primary Care Services



Alexandra Roger
Operational Lead, Trust IAPT and Primary Care Services