

National Health and Wellbeing Team
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8 March 2021

Dear NHS colleagues,

Re: An update on the current national health and wellbeing offers for our NHS people

Since March 2020, NHS England and NHS Improvement have been providing all NHS colleagues access to a range of health and wellbeing support resources, including free access to a number of mental health apps and peer support through a series of virtual common rooms. Many of these national support offers are in place until 31 March 2021, and as such, we wanted to write to you to confirm what will happen from 1 April 2021.

Access to a range of mental health apps:

The current offer of free access to a range of mental health apps is available to all NHS colleagues until 31 March 2021. A number of these apps will end their free offer, as currently advertised, on the 31 March 2021. The table below outlines which of these apps will continue to remain free for NHS colleagues as we move into the new financial year.

Headspace	Free access for NHS staff extended to 31 December 2021
Unmind	Free access for NHS staff extended to 30 June 2021
Daylight	New users will have until 31 March 2021 to sign up. All NHS accounts will remain active for 12 months from sign up (for example staff who signed up in February 2021 will have access until February 2022)
Sleepio	New users will have until 31 March 2021 to sign up. All NHS accounts will remain active for 12 months from sign up (for example staff who signed up in February 2021 will have access until February 2022)
Movement for Modern Life	Accounts will be locked from 1 April, any staff wishing to extend will need to pay the monthly fee.



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Liberate Meditation	Accounts will be locked from 1 April, any staff wishing to extend will need to pay the monthly fee.
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We recognise that the apps have been one of the most accessed support offers during the pandemic, and as such we want to continue to support our staff by moving into a more longer term, preventative health and wellbeing model. Therefore, it is important for us to use this next month to work with regional colleagues to reflect on what has been delivered to date and develop and finalise what a future offer will look like.

Common rooms:

Following feedback from our regional health and wellbeing teams, we have taken the decision to pause the current common rooms offer from 1 April 2021. This will enable us to learn from the last year and work with local systems to understand need and explore more localised provision and delivery.

Relate:

In December 2020, NHS England and NHS Improvement launched a four month pilot of relationship support for NHS staff in London and the Midlands. Whilst the Relate pilots have been a fantastic support for staff, many of the issues raised have been based around work, workload, anxiety and stress and as a result we have made the decision to pause the Relate pilots from 1 April 2021. We are continuing dialogue with Relate, with input from regional colleagues, to help us understand where the gaps are in terms of supporting relationship issues and how we can best respond to these.

Next steps:

Whilst we continue to develop the future national offer, we would like to remind all NHS colleagues that there are alternative support options in place for you, including:

National staff support line and text service

Operated by the [Samaritans](#) and free to access **from 7:00am – 11:00pm, seven days a week.**

This support line is here for when you've had a tough day, are feeling worried or overwhelmed, or maybe you have a lot on your mind and need to talk it through. Trained advisers can help with signposting and confidential listening.

Call: 0800 069 6222

Alternatively, you can text **FRONTLINE** to 85258 for support 24/7 via text.

Access to your local mental health resilience hub – The NHS staff mental health and wellbeing hubs have been set up to provide healthcare colleagues rapid access to local evidence-based mental health services and support where needed. The hubs are confidential and free of charge for all healthcare staff and can offer a clinical assessment and

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supported referral to the support that you need, such as talking therapy or counselling <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-mental-health-and-wellbeing-hubs/>

Better Health – Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support <https://www.nhs.uk/better-health/>

Every Mind Matters - Expert advice and practical tips to help you look after your mental health and wellbeing <https://www.nhs.uk/oneyou/every-mind-matters/>

Live Well – Advice, tips and tools to help you make the best choice about your health and wellbeing <https://www.nhs.uk/live-well/>

National health and wellbeing support for our NHS people – Health and wellbeing support options available to all NHS staff www.england.nhs.uk/people

National NHS mental health and wellbeing support options – If you're feeling stressed, anxious or depressed, or just want to feel happier, the NHS website can help signpost you to existing support options <https://www.nhs.uk/conditions/stress-anxiety-depression/>

NHS apps library – Find apps and online tools to help you manage your health and wellbeing <https://www.nhs.uk/apps-library/>

