



North Staffordshire
Local
Medical
Committee

Wellbeing Services for all GP Practice Staff

NHS Resources and Services

To access all support available to NHS staff visit [NHS England » Support available for our NHS people](#). Includes physical and mental health needs and is wide ranging. Visit the website for full details.

If you need someone to talk to, NHSE has introduced a confidential text support service, you can access support by texting **SHOUT to 85258** for support 24/7.

Practitioner Health is a free, confidential NHS primary care mental health and addiction service with expertise in treating health & care professionals.

The service can help with a range of mental health conditions and addictions in primary care settings [Practitioner Health](#)

Wellbeing Apps - free access to a range of wellbeing apps [NHS England » Wellbeing apps](#) including:

- #StayAlive - a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.
- Headspace - a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep
- Unmind - 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.

Wellbeing support for Black, Asian and minority ethnic NHS staff - [Wellbeing support for Black, Asian and Minority Ethnic NHS staff](#)

Coaching Service - NHS England has a coaching service to help support GPs and their teams. It is available to any member of staff involved with delivering a primary care contract. GPs

using the scheme will receive an initial 45-minute coaching session that will be delivered virtually via a video platform, although telephone appointments will also be available. Those taking part will have access to follow up sessions and ongoing email support, depending on their initial discussion. The service also now provides peer wellbeing sessions. For more information and to book a session go to <https://people.nhs.uk/lookingafteryoutoo/>

Gambling - support for gambling related issues can be found here [Help for problems with gambling - NHS](#)

[GamCare - The leading provider of support for anyone affected by problem gambling in Great Britain](#)

[GambleAware®: Gambling Help & Gambling Addiction](#)

[Gordon Moody - Tackling Gambling-Related Harm](#)

Drug & Alcohol Addiction

Support for drug or alcohol addiction can be found as follows:

[Support we offer | Drugs and alcohol](#)

[Drug and Alcohol Support | WithYou](#)

[Alcohol and drug advice and info from Change Grow Live](#)

Apps which support good sleep

There are a number of free apps which help to address insomnia and support good sleeping patterns. See link below.

[The 21 Best Sleep Apps and Trackers - GoodRx](#)

Staffordshire Training Hub Wellbeing Corner

<https://staffordshiretraininghub.com/resources/wellbeing-corner-2/>