

NATIONAL support



Sherwood Forest Hospitals
NHS Foundation Trust

In addition to the local support that has been put in place there are also some national resources you can access by phone or text as well as some free online resources.

These are all accessible and open to all colleagues.



#OurNHSpeople Wellbeing support

for all our NHS people, we are here for you
whenever you need us



Call 0300 131 7000

7am - 11pm seven days a week support, for mental health, financial help, bereavement care and coaching



24/7 text support

Text 'frontline' to 85258



Free access to mental health and wellbeing apps

Unmind, Headspace, Sleepio and Daylight for all NHS staff



people.nhs.uk

Helping you manage your own health and wellbeing whilst looking after others



We are in this together | Just do the best that you can do | Look out for each other | Its ok not to be ok