



NHS

Supporting our NHS people

Our critical care staff are performing an essential role in the NHS. Whether you are core or surge support staff, we know that the pressure on you and your teams has been considerable.

That is why we are investing in your health and wellbeing by creating a wide range of free and confidential support for you.

Thank you and please scan the QR code to access our support offers

[england.nhs.uk/people](https://www.england.nhs.uk/people)

 [@people_nhs](https://twitter.com/people_nhs)



If you need access to urgent mental health support, at any time of day, please visit [nhs.uk/mental-health](https://www.nhs.uk/mental-health) where you can find a range of support options. If you think your life is at risk, please call 999.



Phone

Staff support line:

0800 0696 222

(7 days a week, 7am-11pm)

FREE confidential helpline, operated by the Samaritans' trained advisors.



Text

Text **'FRONTLINE'** to **85258** for support 24/7



Apps

We offer free access to several wellbeing apps. Please scan the QR code for more info.

SCAN ME



Bereavement support:

0300 303 4434

(7 days a week, 8am-8pm)

Bereavement support line for Filipino colleagues: **0300 303 1115** to book a consultation.

FREE helpline, operated by qualified and trained bereavement specialists at Hospice UK.



Online

[england.nhs.uk/people](https://www.england.nhs.uk/people)

There are a range of support offers available to you, including various wellbeing support services, advice and guidance and access to local and national resources.

SCAN ME



Financial wellbeing support



Counselling support services



Support through the Intensive Care Society

