



C19 National Foresight Group Psychological Impacts of Working through Covid-19 for LRF Partner Organisations

For circulation to all LRF Partner Organisations
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Please read this information and provide copies to all organisations to disseminate to all LRF partner organisations.

Staying as well as possible, and seeking help and support when you need it, are important for you as an essential worker. You may feel different things as we go through the Covid-19 pandemic. These are normal reactions to an abnormal situation. We have heard through the 10kv Interim Operational Reviews that, as a collective group, you are concerned about the mental health and wellbeing of those key and essential workers. This information is shared to provide initial points of contacts for yourselves and your colleagues.

- **Our Frontline.** This is a partnership between Shout, Samaritans, Mind, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge to provide a round-the-clock one-to-one support service for health, care, emergency and key and essential workers. On the page linked below, click on the section that best describes you and you will be taken through to quality assured and appropriate support pages and contact details:

<https://www.mentalhealthatwork.org.uk/ourfrontline/>

- **The Samaritans** have launched new, confidential support lines for health and social care workers and volunteers based in England and Wales. The support lines are run by Samaritans and all calls are answered by trained Samaritans volunteers, who provide confidential, non- judgmental support:

<https://www.samaritans.org/how-we-can-help/health-and-care/here-listen-support-line-nhs-people/>

- **Mind Bluelight.** This information is designed to support staff and volunteers from the emergency services with their mental health:

<https://www.mind.org.uk/news-campaigns/campaigns/blue-light-support/blue-light-information/>

- **Mind Coronavirus** Information. This information can help those essential workers who are not bluelight workers:

<https://www.mind.org.uk/information-support/coronavirus/>

- **Shout** is the UK's free 24/7 crisis text line. They provide a dedicated support service to help key and essential workers look after their own mental health and wellbeing:

<https://www.mentalhealthatwork.org.uk/resource/shouts-text-service-for-key-workers/?read=more>

- **NHS urgent mental health helplines.** Description of what support is available, even if services seem busy at the moment because of coronavirus. This lists NHS urgent mental health helplines for all people.

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>

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