

NEDDC Employee Wellbeing Update – 21 May 2020

Steps we can all take to help?

- Remember 2 metre Rita and 6 feet Pete!
- Limit contact with others as much as possible
- Wash your hands regularly



Today's Theme: Mental Health Awareness Week

This week is a chance for us all to focus on mental health. This year's theme is kindness. The focus on kindness is a response to the covid-19 outbreak, which is having a big impact on everyone's mental health. When people are kind to us, it has a positive impact on our mental health, this is why it is important to always be kind to others as we do not know what they are dealing with and how our actions can impact on this. Likewise, being kind to others also has a positive impact on our own mental health and it is important we learn from the pandemic to be more kind as a society.

Self-care and self-kindness cannot be overvalued in these difficult times. If you're looking for tips and advice for looking after your mental wellbeing, try getting a personalised Mind Plan from Public Health England. Designed specifically to help manage your mental wellbeing during coronavirus, it includes a tailored COVID-19 Mind Plan, COVID-19 specific content for individuals and their loved ones, and support for specific mental wellbeing issues such as anxiety, stress, low mood and trouble sleeping – <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

Who you can talk to:

In addition to the contacts on previous bulletins, there are also the below available for everyone who may need to reach out, available in all formats; via phone, text or online;

SHOUT -

If you're feeling anxious, worried, or stressed, and want to talk to someone. Their fully confidential, 24/7 free text service connects you with a trained crisis volunteer who is there to support you – [Text: 85258](https://www.shout247.org/)

Samaritans -

If you need someone to talk to you can also contact the Samaritans.

Call free any time day or night – [116 123](https://www.samaritans.org/)

Email: jo@samaritans.org (24hr response time)

Or you can download their self-help app for tracking how you feel and to get recommendations on coping mechanisms:

<https://selfhelp.samaritans.org/accounts/login/?next=/>

CALM -

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

More Information on Health & Wellbeing?

Please contact your manager or the HR Team on ext. 7677 and guidance is available in the Coronavirus Toolkit on the Extranet pages or S Drive HR & Payroll public folder.