

# Our COVID-19 staff support offer



Individuals



Managers/  
Leads/  
Wellbeing  
Champions

Self care on our 'COVID-19: Your wellbeing' TeamNet page:

- Interactive self-check questionnaire
- Self help and guidance
- Practical support offer
- Bitesize learning



Trust Wellbeing Line

0300 365 8880  
COVID-19Wellbeing@berkshire.nhs.uk

Fast track to further support, such as:

- Physical or mental health care
- Help for teams following a traumatic event
- Family and children advice

Independent, national  
NHS England helpline

0300 131 7000  
Text FRONTLINE to 85258



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**NHS**

Berkshire Healthcare  
NHS Foundation Trust

## Trust Wellbeing Line

- ✓ We're here for you – talk to one of our trained team
- ✓ Open **2pm - 8pm** everyday
- ✓ Get local support and advice. If needed, we can 'fast track' you to:
  - IAPT (Talking Therapies)
  - Children and Family advice
  - Mental health support
  - Support following a Traumatic incident

**Call: 0300 365 8880**

**Email: [COVID19Wellbeing@berkshire.nhs.uk](mailto:COVID19Wellbeing@berkshire.nhs.uk)**

## NHS England Helpline

- ✓ National line
- ✓ Open **7am - 11pm** everyday
- ✓ Talk to trained 'listeners'
- ✓ Get specialist advice on:
  - Coaching
  - Bereavement
  - Mental health
  - Finances

**Call 0300 131 7000 or  
text FRONTLINE to 85258  
(texts are 24/7)**

**Launches:**  
2 pm,  
Friday 10  
April

**Launched:**  
Wednesday  
8 April

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Bitesize  
training

Ongoing support for teams,  
including:

- Wellbeing check-in
- Buddy system
- Psychological Team Support sessions



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