

# Mental health response to COVID-19



As a system, we have been working to:

- Coordinate and mobilise workforce wellbeing plans
- Identify gaps in the offer and provide extra support

## Three stage plan:

- 1 Preparation
- 2 Action
- 3 Recovery

## Prevention

The plan helps people to look after their mental health, identifying problems early to prevent a build up of emotional distress. We're also providing long-term emotional support for trauma and bereavement.



## Three levels of support:



**Individual offer:** includes online self-care resources, tools for managers to assess needs, links to existing support services and online non-verbal therapy sessions called FLASH.

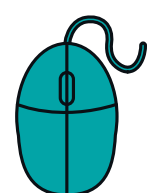


**Team offer:** includes online courses to prepare teams to deal with trauma, bespoke team wellbeing plans, team leader training.



**Red zone offer:** includes specific team therapy support, rapid access to in-depth therapy and end of shift check-in models.

## Extra resources we are providing:



**Online self-help resources:** a library of information and advice about looking after your mental health during the coronavirus outbreak.



**Mental Health First Aiders:** Mental Health First Aiders and champions provided with resources and guidance to enable them to support colleagues during COVID-19.



**Train the Trainer:** helping colleagues to share learning about practical self-care tips and looking out for each other on the frontline.



**LiveWell Dorset training:** refreshed Five Ways to Wellbeing course delivered online and Managing Stress and Building Resilience online team training sessions.



**Bereavement offer:** a coordinated bereavement offer which is accessible to all colleagues across the system.



**Additional therapy resources:** ensuring all colleagues have access to psychological therapy as we anticipate an increase in distress and trauma after the initial peak.