

## Mental health and wellbeing training and resources available for Nightingale Hospital staff

Usage	Induction training suggestions	Details
Can be used as part of induction for staff not providing direct care and support	<p><b>All Our Health: Mental Health and Wellbeing</b> is a <a href="#">bite-sized session</a> to give health and care professionals an overview of mental health and wellbeing - including key evidence, data and signposting to trusted resources to help prevent illness, protect health and promote wellbeing.</p>	<p>Training for those not providing direct care and support such as catering, maintenance or administration staff.</p> <p>30mins</p>
Can be used as part of the induction for all staff	<p>Register to access <b>Health Education England <a href="#">Wellbeing for staff e-modules</a></b></p> <ul style="list-style-type: none"> <li>• <a href="#">Five Ways to Wellbeing</a> module introduces the concept of wellbeing and describes how the Five Ways to Wellbeing can be implemented</li> <li>• <a href="#">Mental Health Awareness</a> module is designed to give a broad overview of what encompasses mental illness whilst highlighting the link between mental and physical health diagnoses. It also provides some simple guidance on how best to care for someone with mental health difficulties</li> </ul>	<p>This is particularly relevant to workers in health and social care settings who are not mental health specialists, but are likely to have some regular contact with people with mental health issues. For example, this may include health and social care support workers, paramedics, nurses, pharmacists, midwives, social workers etc</p> <p>This provides a foundation for more advanced practice.</p> <p>50/ 60mins combined time</p>
Identified staff leading on staff wellbeing	<p><b>Connect 5 e-learning</b></p> <p>Connect5 is a mental health promotion training programme designed to increase the confidence and core skills of front line staff so that they can be more effective in having conversations about mental health and wellbeing, help people to manage mental health problems and increase their resilience and mental wellbeing through positive changes.</p>	<p>Connect5 is a training programme and participants progress through stages, dependent on how much of their role involves working with people experiencing poor mental wellbeing. Particularly relevant for those who take a lead in decision making and developing or disseminating good practice and how manage staff.</p> <p>Timing TBC / minimum half day training</p>

## Guidance and resources to be promoted as part of induction pack

**Every Mind Matters** provides guidance on looking after your wellbeing while working from home <https://www.nhs.uk/oneyou/every-mind-matters/>

**PHE Guidance** on the [mental health and wellbeing aspects](#) of coronavirus (COVID -19). Provides advice on how to look after your mental health and wellbeing during the coronavirus outbreak.

### **For staff struggling with stress, feelings of anxiety or your mental health:**

Resilience Trauma Hub support line (to be mobilised within next few weeks)

Access support through onsite wellbeing support and manager

[Living Life to the Full](#) provides free online e-therapy modules for Greater Manchester staff and residents covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more.

NB. HEE have created an open access area on e-Learning (e-LfH) for Health covering coronavirus. It focusses on learning materials to prepare returning or redeployed clinical staff and the e-LfH team has been working closely with the team setting up the Nightingale hospitals, in particular the London one.

The link is: [https://portal.e-lfh.org.uk/Catalogue/Index?HierarchyId=0\\_45016&programmeld=45016](https://portal.e-lfh.org.uk/Catalogue/Index?HierarchyId=0_45016&programmeld=45016)