New Psychological Self-Help Apps for all NHS Staff – Available Now!

NHS England and NHS Improvement are pleased to announce the first in a series of psychological support for all NHS staff during the COVID19 outbreak, as we recognise it is really important to look after your own health and wellbeing, whilst supporting patients and your family. As such, we are pleased to offer the following wellbeing apps to all NHS staff for free. Additional self-help apps and support will be available over the next few weeks.

To see how to access these apps, please see below or visit the NHS Employers website.

You can also watch a video by Prerana Issar on the importance of looking after yourself.

Unmind:
Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically-backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition. They are offering free access to NHS staff until the end of December 2020, active now.

How NHS staff can get access
1. Go to nhs.unmind.com/signup
2. Sign up with your NHS email address
3. Download the Unmind app from your appstore - your organisation name is NHS.

Headspace:
Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.
They are offering free access to all NHS staff with an NHS email address until 31 December, active now.

How NHS staff can get access
1. Go to https://www.headspace.com/nhs and select clinical or non-clinical staff to start enrolling
2. You will need to use your NHS email address to sign up

Sleepio and Daylight (developed by Big Health):
Sleepio is a clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.
Free access to Sleepio for all NHS staff is active now until 31 December.

Daylight is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.
Free access to Daylight is active now until 31 December.

How NHS staff can get access
How to access Sleepio
1. Visit sleepio.com/redeem on your laptop or desktop computer
2. Enter redeem code NHS2020 and sign up for an account using your name and email address
3. Complete the sleep test
4. Get started!

How to access Daylight
1. Click on the following link: daylight.com/NHSaccess
2. Answer a few short questions to tailor the programme to you
3. Sign up for an account using your name and email address
4. Download the Daylight smartphone app (search 'Daylight - Worry Less')
5. Get started!