

# Supporting resources

## Keeping you well - shortcuts

Click on each circle to take you to the resource

	Public Health Wales resources on four areas of wellbeing		NHS Wales employee and manager wellbeing toolkits		Access to professional support for NHS Wales staff, hosted by Cardiff University
	Access to counselling and support. Username: publichealth - password: employee or on: <b>0800 174319</b>		Access to free online CBT covering stress, resilience and sleep Access code: WALES2020		Free access to the Headspace app for NHS Staff
	This unique health management resource helps you enhance your Wellbeing. Access code: WF1		Resources developed by the Intensive Care Society to support staff wellbeing		Tools and resources from mental health charity, MIND

# Keeping you well

## Navigating the support available

[HEIW Toolkit](#)

[Advice and support can also be offered by People Support Plus+, Monday-Friday 9-5pm](#)

Public Health Wales, the NHS in Wales and other partner organisations have mobilised supporting resources for staff. All services and resources are accessible to everyone, however this guide may help colleagues and managers to what is right for them. For the purpose of this guide, 'frontline' is colleagues in microbiology services, the COVID-19 National Contact Centre (NHPC), National Health Protection Cell (NHPC) MAC screening services and colleagues supporting public-facing social media platforms.

Resource	Type	Accessibility	May be helpful for
<a href="#">How are you doing?</a> (including external links)	Online wellbeing resources	24/7 no VPN needed	All colleagues and communities
<a href="#">Staff information and guidance</a> (including external links)	HR information for all staff	24/7 no VPN needed	All colleagues
<a href="#">Care First-EAP</a> ( <a href="#">Zest app</a> also available)	Telephone counselling <b>0800 174319</b>	24/7 phone support	Colleagues benefitting from telephone counselling on any matter
<a href="#">SilverCloud CBT</a>	Online mini-CBT sessions	24/7 no VPN needed	Colleagues requiring support with sleep, stress and resilience and able to self-direct
<a href="#">Health for Health Professionals</a>	Telephone support from qualified health professionals	Monday-Friday 9-5pm	Colleagues on our 'front lines' needing to talk to a professional
<a href="#">Shout!</a>	Crisis help text service	24/7 text	Colleagues who need immediate support
Coaching for Managers <a href="#">see Manager's Toolkit</a>	Two phone/skype coaching sessions for managers (PHW qualified coach)	Mon-Fri 9-5pm	Line managers who could benefit from coaching to help them support staff
PHW Listening Service – see <a href="#">Staff Information and Guidance</a>	Phone/skype 'reach out' chat with PHW colleague (qualified counsellor)	Mon-Fri 9-5pm	Colleagues on our 'front lines' needing to reach out to a colleague (debrief)