

COVID-19 HR update: Health and Wellbeing **Monday 30 March 2020**

We recognise that it is really important to look after your own health and wellbeing, whilst supporting and caring for your family and patients. This week, we are pleased to announce that a number of free wellbeing apps have been made available to support NHS staff during the COVID-19 outbreak.

Unmind

Unmind is a mental health platform that empowers staff to proactively improve their mental health and 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.

Unmind is available free for all NHS staff until the end of December 2020.

How NHS staff can get access

- Go to nhs.unmind.com/signup
- Sign up with your NHS email address
- 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.

How to access Headspace

Go to: <https://www.headspace.com/nhs> and click ‘Sign up now’. Select clinical or non-clinical.

You will need to create a profile using your NHS email address.

Sleepio and Daylight (developed by Big Health)

Sleepio is an evidenced-based sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

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 Sleepio and Daylight for all NHS staff is available until 31 December.

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 NHS 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', available on both iPhone and Android).
5. Get started!

You can [watch a short video from Prerana Issar, NHS Chief People Officer](#) outlining the importance of looking after yourself during this time.

Additional self-help apps and support will be made available over the next few weeks and we will update staff when these are available to access. In the meantime, all staff can also access the following guidance:

- [General staff wellbeing guide](#)
- [Looking after your mental health](#)
- [Looking after your health and wellbeing](#)
- [Managers guide to supporting staff.](#)