

General Practice
Task Force
Derbyshire



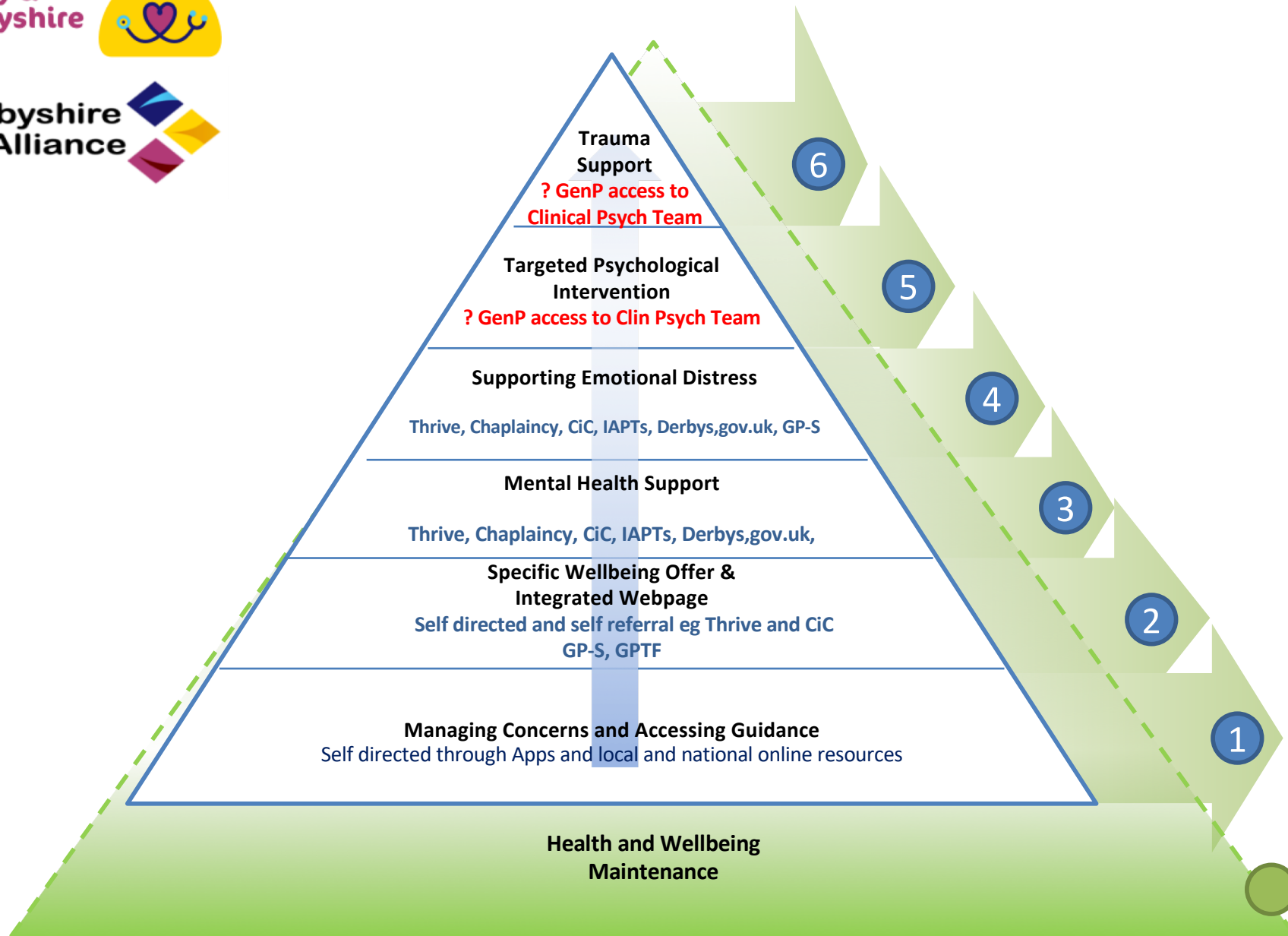
Derby &
Derbyshire
LMC



Derbyshire
GP Alliance



Coronavirus General Practice Staff Wellbeing Support Pathway



	What	How	Who
	<p>Preventative Health and Wellbeing Support <i>It is important to take care of your own wellbeing</i></p> <ul style="list-style-type: none"> - Practical guidance on measures when social distancing/Isolating - The broader Health and Wellbeing support that is available 	<p>National and local websites (NHS.uk and Derbyshire LMC, practice and PCN sites) Apps such as Headspace</p>	<p>Self directed</p>
1	<p>Managing Concerns and Accessing Guidance <i>self referral and targeted guidance for those that need it</i></p> <ul style="list-style-type: none"> - Staff follow latest organisational guidance / PHE Information - Self referral to Cic Employee Assistance Programme –provides 1:1 telephone support as well as online resources 	<p>CiC: Login using: www.well-online.co.uk Username: DTlogin Password: wellbeing</p>	<p>Self directed and self referral</p>
2	<p>Specific Wellbeing Offer & Integrated Webpage <i>Practical guidance and support following Coronavirus</i></p> <ul style="list-style-type: none"> - Additional information/ Support sessions – signposting and guidance - GP-S mentoring - GPTF offer through business support and GPTF fellows - resilience, team building and support with practice development - Integrated Webpage accessible across the System for consistent and updated messaging 	<p>CiC: Login using: www.well-online.co.uk Username: DTlogin Password: wellbeing</p> <p>GP-S</p> <p>GPTF</p>	<p>CiC</p> <p>GP-S</p> <p>GPTF</p>

	What	How	Who
3	<p>Mental Health Support <i>Supporting self-care for Mental Health</i></p> <ul style="list-style-type: none"> - Thrive App offering CBT, Meditation, relaxation and breathing programmes for self-care - Derbyshire mental health and wellbeing support line 	<p>Thrive Download the 'Thrive' App Use Code: NHSDERBY20</p> <p>https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/information-and-contacts/mental-health-information-and-contacts.aspx</p>	<p>Thrive</p> <p>Derbys.gov.uk</p>
4	<p>Emotional Distress Support <i>For when you need to speak to someone about your concerns</i></p> <ul style="list-style-type: none"> - 24/7 confidential care line (CiC) - Access and signposting to services and counselling - Independent advice and expert guidance <p>Family /personal bereavement (Cruse / Treetops)</p> <ul style="list-style-type: none"> - GP-S mentoring service - Normally provides F2F 2 hr sessions for up to 6 sessions but currently providing rapid access shorter sessions as well as longer telephone sessions where needed - Derby Chaplaincy Team - Samaritans 	<p>CiC 0800 085 1376 Assist@cic-eap.co.uk Well-online.co.uk – Username: DTlogin Password: wellbeing</p> <p>Bereavement counselling in cases of personal loss: Cruse via 0808 808 1677 Or email helpline@cruse.org.uk</p> <p>Treetops via 0115 949 6944 or therapy@treetopshospice.org.uk</p> <p>Via GP-S website</p> <p>Via chaplains already in practices or ring 07877 883390 or e mail paul@stpetersderby.org.uk</p> <p>Call 116 123</p>	<p>CiC</p> <p>Cruse Treetops</p> <p>GP-S</p> <p>Chaplaincy</p> <p>Samaritans</p>

	What	How	Who
5	<p>Targeted Psychological Intervention <i>Targeted support for those that need it</i></p> <ul style="list-style-type: none"> - IAPTs referral - General practice access to clinical psychologists ? Via Occ Health 	<p>Local service provision</p> <p>Contact:</p>	<p>Need to know about access to Occ Health and Clinical Psychology</p>
6	<p>Trauma Support and Response</p> <ul style="list-style-type: none"> - Trauma support for individuals and teams following difficult/challenging situations - DETAILS REQUIRED FROM CLINICAL PSYCHOLOGY LEADS - Loss of a colleague support 	<p>Clinical Psychology Contact:</p> <p>Resolve Contact: Resolve@NHS.net dchst.engagement@nhs.net</p>	<p>NEED TO KNOW IF GenP can access</p>