



Minding Your Mental Health during the Coronavirus Outbreak

Support for Belfast Trust Staff

Belfast Trust staff have been given **FREE** access to a number of wellbeing apps from now until the end of December 2020 to support their mental health and wellbeing. The following app providers have waived costs for the Belfast Trust workforce who are dealing with the unprecedented challenges of the COVID-19 pandemic.



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.

Go to <https://nhs.unmind.com/signup>



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.

Go to <https://www.headspace.com/nhs> for NHS staff to access, with the option to select clinical or non-clinical staff to start enrolling.

(Developed by Big Health)

Sleepio

daylight

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

Go to <https://sleepio.com/NHSstaff>

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.

Go to <https://trydaylight.com/NHSstaff>



The Belfast Trust, B Well Staff Health and Wellbeing site and app is always free and available to access. B Well has a wide range of user friendly tools and resources such as self-help guides within the Mind Ur Mind section.

Guides available on: Stress, Anxiety, Panic attacks, Depression, Sleep problems, Alcohol, Domestic violence.

Go to www.bwellbelfast.hscni.net