

Appendix 4: Guidance on providing humane, supportive, and practical help to those affected by COVID-19

Thrive LDN has developed a new resource for people who are supporting communities and individuals who have been adversely affected by COVID-19.¹ Adapted from WHO psychological first aid guide for field workers, the purpose of the document is to help those working in the community to know the most supportive things to say and do for people who are very distressed,

Other people who might benefit from the guidance include health and social care workers, council employees, police officers, community leaders and others with caring responsibilities. It also complements PHE's new Psychological First Aid (PFA) training module.²

NHS-led mental wellbeing webinars (Tuesdays at 4pm)

A Coping Well During Covid webinar series is supporting anyone who is feeling anxious or worried about coronavirus and how it is impacting them, their loved ones, their work and their future. Taking place on Tuesdays at 4pm, each 60-minute webinar is NHS-led and current topics include managing wellbeing, anxiety, low mood and sleeping difficulties.

Each webinar offers participants the chance to explore ideas and tools to support mental health and wellbeing in a clinically led and interactive way, when joining live. Further sessions are also being explored, such as focusing on money and mental health and bereavement. The full schedule and recorded webinars are available from the Thrive LDN website.

Webinars for health and care workers (Thursdays at 4pm)

A new Keeping Well for Health and Care Workers webinar series is designed to help manage the emotional health and wellbeing of those working in health and care services, whether at the front line or in supporting services.³ Taking place on Thursdays at 4pm, each session has a focus on sustaining staff wellbeing and will explore topics such as preventing burnout, coping with stress and sleeping better.

¹ <https://thrivedn.co.uk/resources/supporting-those-adversely-affected-or-distressed-by-the-coronavirus-outbreak>

² <https://www.futurelearn.com/courses/psychological-first-aid-covid-19/1>

³ <https://thrivedn.co.uk/resources/keeping-well-for-health-and-care-workers-webinar-series/>