

# Healthcare Library

April 2023

## Wellbeing resources update

This update has been compiled by the Healthcare Library to provide an overview of some key resources for Wellbeing Champions to use when supporting colleagues in the Trust.

For further information or support please contact [sft.library.office@nhs.net](mailto:sft.library.office@nhs.net) or visit the library website at [www.library.salisbury.nhs.uk](http://www.library.salisbury.nhs.uk)

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## Abuse

### Refuge National Domestic Abuse

A team of highly-trained, female advisers who listen with no judgement and provide advice if required. Provide support in many different languages, 24-hours a day, 365 days a year, for as long as required. Freephone helpline: 0808 2000 247

<https://www.nationaldahelpline.org.uk/>

### Men's Advice Line UK

National phonenumber offering non-judgmental support, practical advice and information, advice and support for men experiencing domestic violence and abuse. Freephone helpline: 0808 801 0327

<https://mensadvice.org.uk/>

### Galop (LGBTQ+)

Support LGBTQ+ people who have experienced abuse and violence. Freephone helpline: 0800 999 5428 (Mon – Thu, 10am to 8:30pm, Fri 10am to 4.30pm) 24 hour webchat: <https://galop.org.uk/get-help/online-community/> Email: [help@galop.org.uk](mailto:help@galop.org.uk)

### National Stalking Helpline

Can provide guidance and information. Freephone helpline: 0808 802 0300 (Mon – Fri 9.30am – 4pm, and open until 8pm on Wed). Or complete their form here: <https://www.suzylamplugh.org/forms/national-stalking-helpline-enquiry-form>

### Respect

Confidential helpline, email and webchat service for domestic abuse perpetrators and their supporters.

Freephone helpline 0808 802 4040 or visit <https://respectphonenumber.org.uk/>

<https://www.respect.uk.net/>

### Hourglass (Older People)

Provide information and support to an older person or anyone concerned about an older person who is at risk of, experiencing or recovering from any form of abuse or neglect. Freephone helpline: 080 8808 8141.

Webchat, email, and text also available at: <https://wearehourglass.org/hourglass-services>

### Revenge Porn Helpline

Support services for adults (aged 18+) experiencing intimate image abuse, also known as, revenge porn. Helpline 0345 6000 459 (weekdays 10-4), email: [help@revengepornhelpline.org.uk](mailto:help@revengepornhelpline.org.uk), or 24/7 chatbox.

<https://revengepornhelpline.org.uk/>

### Mankind Initiative

The main charity in the UK supporting male victims of domestic abuse and their supporters. Confidential helpline: 01823 334244, weekdays 10-4pm

<https://www.mankind.org.uk/>

### Victim Support

Charity dedicated to supporting victims of crime and traumatic incidents in England and Wales. Freephone support line @ 08 08 16 89 111, text, webchat, and online form.

<https://www.victimsupport.org.uk/>

### Surviving Economic Abuse

Support for women whose current or former partner has interfered with their money, or financial situation. Freephone 0808 1968845 (Monday-Friday, 9am–1pm and 2pm–5pm)

<https://survivingeconomicabuse.org/i-need-help/>

## Addiction

### NHS England Alcohol support overview

Support for individuals and their families.

<https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/>

### **NHS England Substance misuse and gambling support overview**

Advice, guidance and support available around drug and alcohol issues for individuals and/or their family members.

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/substance-misuse-and-gambling-support/>

### **Royal College of Psychiatrists problems and disorders including addiction**

Information for patients, carers, families and friends.

<https://www.rcpsych.ac.uk/mental-health/problems-disorders>

## **Carer support**

### **Carers UK**

Information, advice and support for carers.

<https://www.carersuk.org/help-and-advice>

### **Scope**

Practical information and emotional support for disabled people and their carers.

<https://www.scope.org.uk/>

See also the Library's "Resources for Staff Carers" list of books and useful contacts.

## **Ethnic minority wellbeing**

### **Mind**

Information and support regarding racism and mental health.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/racism-and-mental-health/>

### **Spark**

Supports racialised people in the UK by providing support and information on a wide range of topics such as health and wellbeing, LGBTQ+ issues, and domestic violence.

<https://sparkandco.co.uk/>

## **Financial wellbeing**

### **Financial Support Line for Victims of Domestic Abuse**

Offers specialist advice to anyone experiencing domestic abuse who is in financial difficulty.

Freephone: 0808 1968845

<https://www.moneyadviceplus.org.uk/fsl/>

### **Mind Money and Mental Health**

Information on organising finances and claiming benefits when you have a mental health problem. Also covers looking after your mental health when you're worried about money.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/>

### **Money Helper**

Information and advice on money issues including benefits, money troubles and pensions. Also includes a link to a confidential, free debt advisory service which can be accessed online, by phone or face to face.

<https://www.moneyhelper.org.uk/en>

### **NHS England Financial Support**

Details of the financial wellbeing services available for NHS staff includes a freephone number, webchat and Whatsapp option.

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/financial-support/>

## Loneliness and bereavement

### **Bereavement Support Line**

Confidential bereavement support line, operated by Hospice UK  
Freephone: 0300 303 4434 (8:00am – 8:00pm, seven days a week)

### **Campaign to End Loneliness**

Facts, ideas, and support organisations.

<https://www.campaigntoendloneliness.org/feeling-lonely/>

### **NHS Every Mind Matters - Loneliness**

Help including support lines and communities to join.

<https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/>

## Mental health

### **Andy's Man Club**

A judgment-free, confidential space where men can be open about the storms in their lives through weekly, free-to-attend face to face and online peer-to-peer support groups.

<https://andysmanclub.co.uk/>

### **Blurt It Out**

Information on depression and some lifestyle changes that can help you.

[https://www.blurtitout.org/resources/?doing\\_wp\\_cron=1678890108.1743159294128417968750](https://www.blurtitout.org/resources/?doing_wp_cron=1678890108.1743159294128417968750)

### **Mind**

Information and support for people living with a mental health problem, or supporting someone with one.

<https://www.mind.org.uk/information-support/>

Information and support for students:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/student-life/>

Information and support for the LGBTQ+ community:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtqia-mental-health/about-lgbtqia-mental-health/>

### **NHS England emotional and mental wellbeing self check tool**

An emotional and mental wellbeing self-assessment for Health and Social care staff with a direct link to mental health support resources

<https://checkwellbeing.leadershipacademy.nhs.uk/>

### **NHS England mental wellbeing audio guides**

A series of mental wellbeing audio guides on low mood, anxiety, low confidence and unhelpful thinking.

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/>

### **NHS England wellbeing apps**

NHS staff have been given free access to a number of wellbeing apps to support with their mental health and wellbeing which include Headspace and Unmind.

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/>

### **NHS Every Mind Matters**

Topics covered include a personal action plan, anxiety easing emails, self-help CBT, and young people.

<https://www.nhs.uk/every-mind-matters/>

### **NHS Leadership Academy stress and burnout**

How to spot the signs:

<https://learninghub.leadershipacademy.nhs.uk/executivesuite/support-in-difficult-times/stress-and-burnout/>

### **Royal College of Psychiatrists mental health problems and disorders**

Information for patients, carers, family and friends relating to mental health problems and disorders.

<https://www.rcpsych.ac.uk/mental-health/problems-disorders>

## **Physical health**

### **Hero of Health**

Online community which helps individuals reverse conditions such as type 2 diabetes, fatty liver disease and normalise cholesterol through online coaching, fun healthy eating advice, and walk and talk meet ups.

<https://www.heroofhealth.com/>

### **NHS Better Health**

Tools, tips and special offers to move more every day.

<https://www.nhs.uk/better-health/get-active/>

### **NHS England Live Well Eat Well**

Information and guidance about eating a healthy, balanced diet.

<https://www.nhs.uk/live-well/eat-well/>

### **NHS England Live Well Exercise**

Exercise guidelines and workouts to help improve your fitness and wellbeing.

<https://www.nhs.uk/live-well/exercise/>

### **NHS England Live Well Exercise Couch to 5k**

The popular running plan for absolute beginners which uses a mix of running and walking to gradually build up your fitness and stamina.

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/>

### **NHS Digital Weight Management Programme**

12-week online behavioural and lifestyle programme that people can access via a smartphone or computer to help manage their weight and improve their health.

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/digital-weight-management-programme-for-nhs-staff/>

### **Park Run**

A positive, welcoming and inclusive, free, community event where you can walk, jog, run, volunteer or spectate with no time limit and no last place. Takes place on Saturday morning and everyone is welcome to come along.

<https://www.parkrun.org.uk/salisbury/>

## **Sexual health**

### **Brook**

Advice and help for young people.

<https://www.brook.org.uk/help-advice/>

### **Switchboard LGBT+ Helpline**

Provide information, support and referral service for lesbians, gay men and bisexual and trans people – and anyone considering issues around their sexuality and/or gender identity.

Phone line open 10am – 10pm seven days a week: 0800 0119 100. Also offer webchat and an email service: [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

<https://switchboard.lgbt/how-we-can-help/>

### **Terrence Higgins Trust**

Information on safer sex, sexually transmitted infections and how to manage risks.

<https://www.tht.org.uk/hiv-and-sexual-health/sexual-health>

## Sleep and tiredness

### **NHS Live Well**

Reasons why you might feel tired and advice about what you can do to prevent tiredness includes a link to a bedtime meditation..

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

### **Royal College of Psychiatrists**

Tips on how to sleep better and how to decide if you need more help.

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/sleeping-well>

### **The Sleep Charity**

Lots of information on different aspects of sleep and how to improve it.

<https://thesleepcharity.org.uk/information-support/adults/sleep-hub>

See also the NHS wellbeing apps listed under the Mental Health section.

## Veteran health

### **Combat Stress**

Help for former servicemen and women dealing with issues like post-traumatic stress disorder (PTSD), anxiety and depression

<https://combatstress.org.uk/>

### **Help for Heroes**

Mental health self-help guides.

<https://www.helpforheroes.org.uk/get-help/mental-health-and-wellbeing/>

### **NHS supporting our veterans**

List of military charities that offer advice and support.

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/supporting-our-veterans/>

### **Soldiers', Sailors', and Airmen's Families Association (SSAFA)**

Help with mental wellbeing, disability support, welfare and benefits.

<https://www.ssafa.org.uk/get-help>

## Women's health and the menopause

### **Balance**

Evidence-based information and knowledge on the perimenopause and menopause.

<https://www.balance-menopause.com/menopause-library/>

### **Daisy Network**

Information and support for women diagnosed with Premature Ovarian Insufficiency, also known as Premature Menopause.

[www.daisynetwork.org](http://www.daisynetwork.org)

### **Flo**

Menstruation app and health library maintained by an international team of doctors, and health experts.

<https://flo.health/>

### **Menopause Matters**

Information and forum on the menopause, including menopausal symptoms and treatment options.

[www.menopausematters.co.uk](http://www.menopausematters.co.uk)

### **NHS England**

How to support colleagues going through the menopause.

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/supporting-colleagues-affected-by-the-menopause/>

### **Queer/LGBTQIA+ Menopause**

Link to unbiased menopause resources.

<https://www.queermenopause.com/resources-1>

### **Women's Health Concern**

Evidence-based factsheets and other helpful resources for women and their partners. Also provide an email based confidential question-answering service.

[www.womens-health-concern.org](http://www.womens-health-concern.org)

## **Library News – Staff Wellbeing Space**

### **Wellbeing Space for Staff in the Healthcare Library**

Get away from your busy department and relax in comfy chairs within the quiet environment of the library.

- Bring a drink (or use our newly installed water dispenser)
- Complete the jigsaw
- Read and take out books from our uplifting and mood-boosting fiction collections
- Read and take out books from our Staff Network resource lists (email us for a copy):
  - **Ability Confident Network**
  - **Armed Forces Network**
  - **Carer Support Network**
  - **LGBTQ+ Network**
  - **Race Equality Network**
  - **Women's Network**

## **Disclaimer and Feedback**

This update was produced by Salisbury NHS Foundation Trust Healthcare Library. If you have any comments to make about this update please contact [sft.library.office@nhs.net](mailto:sft.library.office@nhs.net)

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