

COVID-19 and emotional wellbeing

Priority appointments for frontline NHS staff

We recognise the impact of the pandemic on the emotional wellbeing of frontline NHS staff. The stresses of providing healthcare during these challenging times can lead to symptoms of depression, anxiety, insomnia and distress. These responses are normal and common in the face of a challenging situation.

It is important to be aware of psychological symptoms and to look after your mental health. Much like putting on your own life jacket first, taking care of your own emotional health will enable you to continue to support others whether in your work or family roles.

We are here to help

A new range of psychological therapies are now available based upon Cognitive Behavioural Therapy (CBT) or Counselling to support you at this difficult time. Therapy is available via video or phone or you can choose one of our online modules with support from a therapist if you would prefer an alternative approach to work through at your own pace.

The service is free and confidential so you can be reassured that your information will not be shared with your employer.

Refer yourself to DHC Talking Therapies

Go online:

dhctalkingtherapies.co.uk/self-referral

Call:

01483 906392

