

## Free online support available to you

### Wellbeing apps

[Silvercloud](#) - An online course to help you manage stress, anxiety and depression.

[Unmind](#) - Empowering employees to measurably improve their mental wellbeing.

[Headspace](#) - Everyday mindfulness and meditation for stress, anxiety, sleep, focus, fitness, and more.

[Sleepio](#) - A digital CBT program scientifically proven to help you sleep well without pills or potions.

[Daylight](#) - Overcomes stigma and access barriers and provides delightful, effective help for worry and anxiety.

[Catch It](#) - Learn to deal with negative thoughts and feelings in a more positive way.

### Wellbeing sites

[One You – NHS](#) - Practical tips, tools and free apps to help you improve your health.

[Good thinking](#) - NHS approved mental health tools and advice to support you.

[Our NHS People](#) - Helping you manage your own health and wellbeing whilst looking after others.

[The NHS website](#) - Information and advice on health conditions, symptoms, healthy living, medicines and how to get help.

### Online communities

[HealthUnlocked](#) - The world's largest online support network. Ask questions. Get answers. Talk to others who've been there before.

[Big White Wall](#) - A safe community to support your mental health, 24/7.

[Elefriends](#) - A supportive online community where you can be yourself.

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## Thursday's random acts of kindness

Try these acts of kindness today...

**At work** – Tell a colleague what piece of work they've done that you liked and explain why

**At home** – Make someone you live with their favourite meal

**With friends and family** – Send someone you know a joke to cheer them up

**In the community** – Donate to a food bank

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## Thursday's Connect and Reflect conversation starters

Take time out to catch up with a colleague or your team about non work issues.

The theme for today's conversations is respect. During your Connect and Reflect calls try to ask the following questions...

- **What do you want someone to respect or admire about you?**
- **What are the different signs of respect?**
- **How can you show respect to your brain and body?**

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### **Kindness matters survey**

We want to know what kindness means to you and how you like to give and receive it.

Please complete this short [four question survey](#) and share your experiences.

We will use this information to compile stories and share them with staff to demonstrate the different ways we show kindness to each other and highlight how this makes us feel.

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### **Celebrate #MentalHealthAwarenessWeek online**

During this week, please carry out or reflect on an act of kindness. Take a photo or video (with permission!) and share it with us [@HealthierNWL](#).

Don't forget to use the hashtags: [#SpeakYourMind](#), [#KindnessMatters](#) and [#MentalHealthAwarenessWeek](#).

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### **Useful links**

Wellbeing resources

- [Full list of wellbeing services for staff](#)
- [The wellbeing intranet page](#)

Psychological support

- [Employee Assistance Programme](#) - 0800 174 319, 24/7
- [West London NHS Trust Single Point of Access \(SPA\) Service](#) - 0300 1234 244, 24/7
- [Central and North West London NHS Foundation Trust Single Point of Access \(SPA\) Service](#) - 0800 0234 650, 24/7

Mental health organisations

- [The Mental Health Foundation](#)
- [Mind](#)

- [Thrive LDN](#)