

Wellbeing Information Guide for Businesses in Milton Keynes

July 2022

Public Health



Working together to improve the health and wellbeing of our communities

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Introduction

This information guide is to encourage businesses to promote a variety of services that are accessible in Milton Keynes to their employees offering a choice of support for emotional wellbeing.

Looking after your mental wellbeing

After having two years of the coronavirus pandemic and the introduction of going back to normal may bring mixed and fluctuating feelings. Your workforce may have just started to resume the things they enjoy like playing sports, getting back to work, seeing friends and family. But for many, coping with these changes are challenging and difficult to work through.

Employees may move through a range of feelings and thoughts:

- Stressed and unprepared
- Anxious or afraid
- Angry or frustrated
- Conflicted or confused

These feelings are reasonable and expected. It is OK to feel this way, encourage your staff to share concerns with others they trust, or your staff could try one of the helplines listed in this guide.

Remember it is important to look after your mental wellbeing and of those you work with during this time. Looking after mental wellbeing will help you and others process and manage the feelings being experienced.

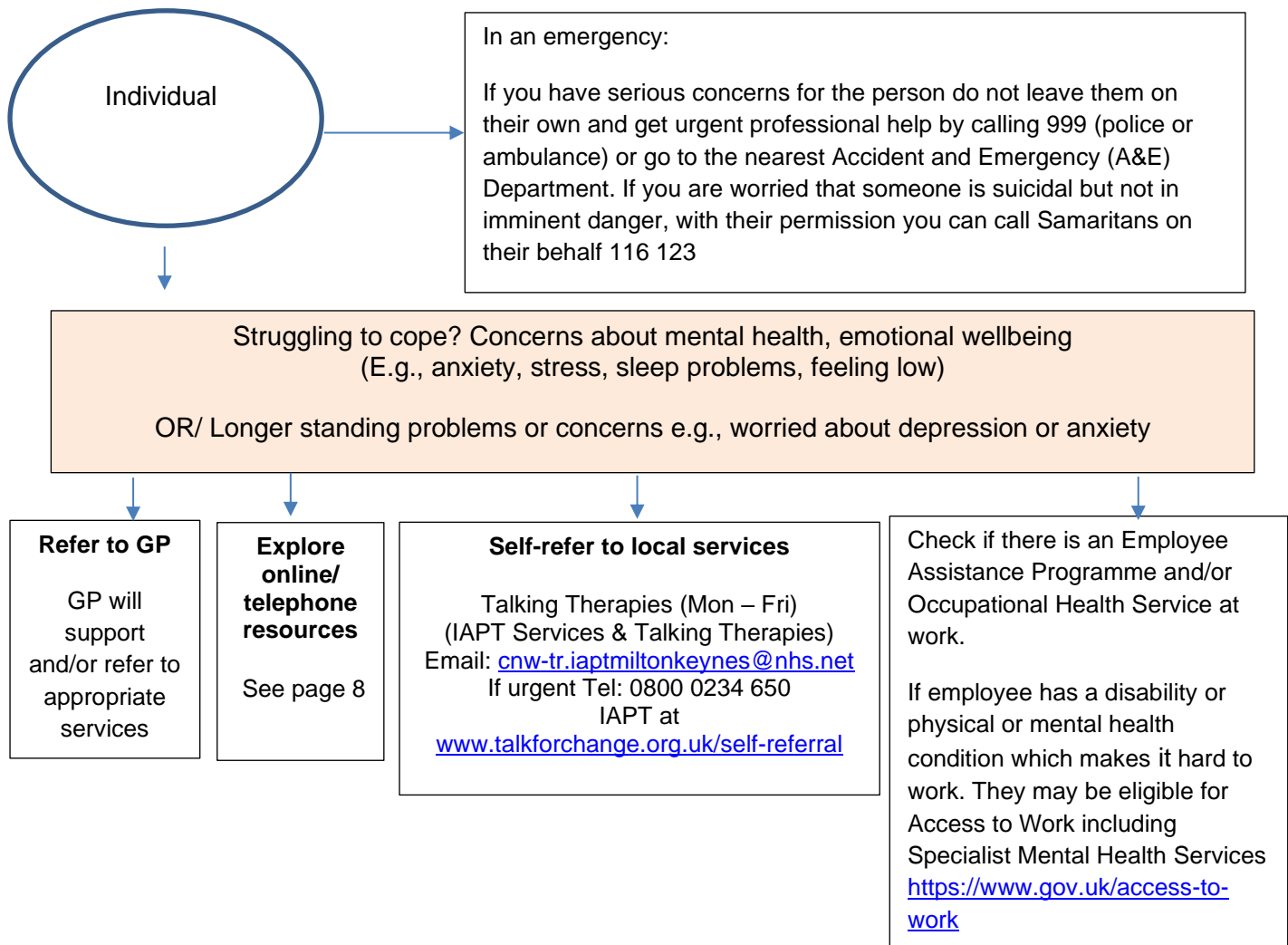
5 ways to wellbeing

Research has shown that there are five simple actions that we can all build into our lives to support our wellbeing: whether it's getting out and about, doing a good deed, spending time with others, going for a walk, taking more notice of our local environment or learning to do something new.



How to support someone struggling to cope

This is Milton Keynes Mental Health Pathway and it is to be used with adults (aged 18 plus) to support employees with emotional wellbeing. This pathway is not expected to diagnose but is for signposting only



Main Services

If a person is struggling with their mental health, encourage them to seek professional help by talking to their GP

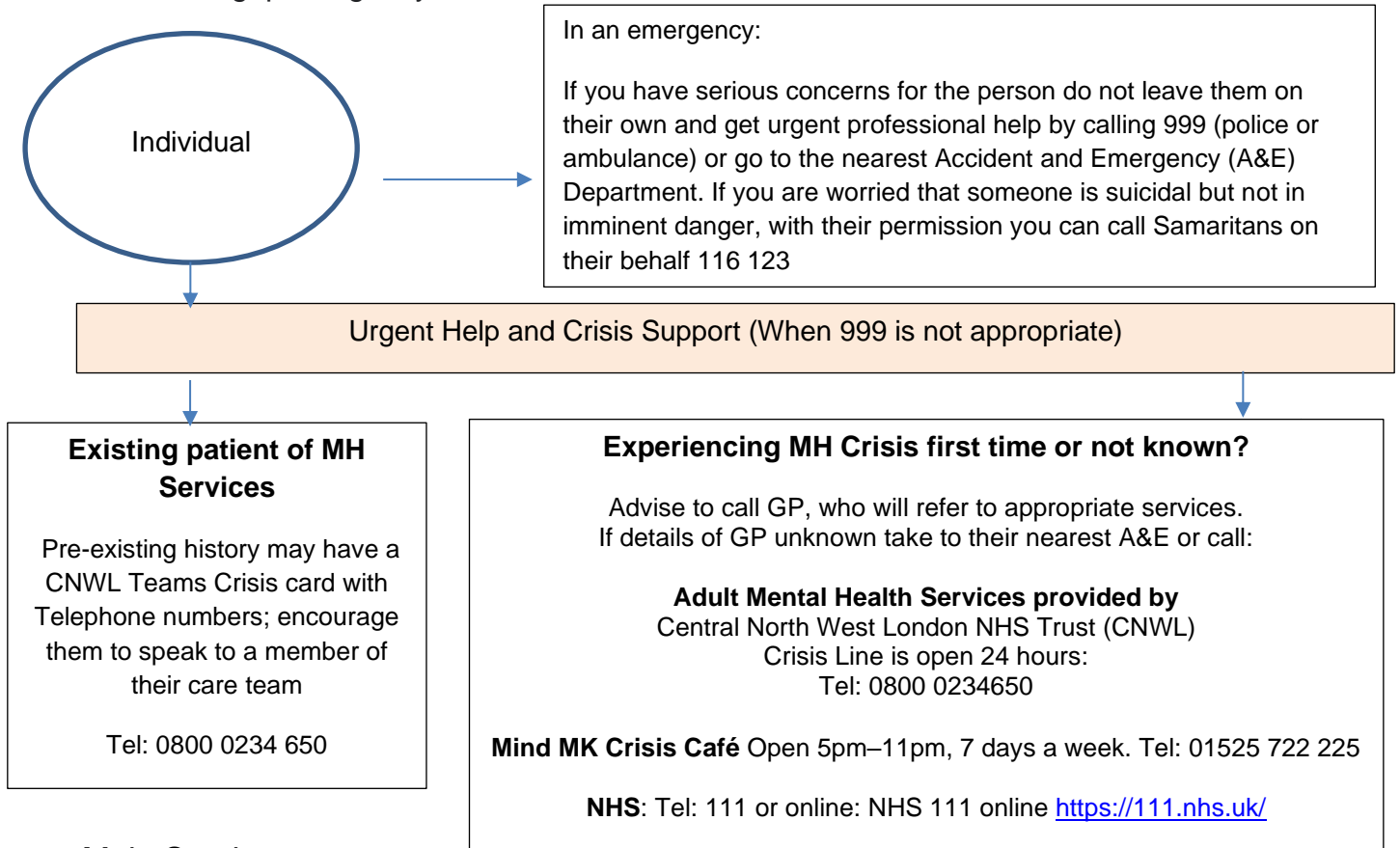
Milton Keynes Talk for Change Talking Therapies provides NHS psychological therapies services (IAPT), including cognitive behavioural therapy (CBT) by CNWL (Central North West London NHS Foundation Trust)

You can self refer without seeing your GP by using online referral form using this link: www.talkforchange.org.uk/self-referral

Tel: 01908 725099 or email: cnw-tr.iaptmiltonkeynes@nhs.net

How to support someone experiencing a mental health crisis

This is Milton Keynes Mental Health Pathway and it is to be used with adults (aged 18 plus) to support employees with emotional wellbeing. This pathway is not expected to diagnose but is for signposting only



Main Services

If a person is struggling with their mental health encourage them to seek professional help by talking to their GP

Adult Mental Health Services provided by CNWL offer Mental Health Crisis -If you or someone you know needs urgent mental health support you can contact the CNWL crisis line on 0800 0234650

Samaritans offers a safe place for people to talk any time, in their own way. Call free: 116 123 or email: jo@samaritans.org.uk

Shout Crisis Text Line Text Shout to 85258. Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if anyone is struggling to cope and you need immediate help

Mind MK Crisis Café. If you find yourself or someone you know needs urgent or crisis support with mental health in the evening, Mind MK Crisis Cafe are there to listen and help in times of need. Operating remotely 7 days a week between 5pm and 11pm and can be contacted by telephone 01525 722 225



Public Health and Mind BLMK partnership support for employers and employees

The Public Health Workplace Health Team have worked in partnership with Mind BLMK to produce a variety of FREE mental health training to support local workplaces and their employees across Milton Keynes during these extremely difficult times.

Pre- Recorded Webinars:

Workplaces can use these FREE evidence informed webinars dedicated to managers and employees. They are pre-recorded and are 15 minutes long enabling even the busiest of people to access them and at any time.

The webinars will equip participants with rapid practical knowledge and awareness in emotional wellbeing and how to manage difficult conversations on mental health distress and/or in a crisis whether it be with the person you manage, for you or others around you.

To access: <https://www.mind-blmk.org.uk/training-and-education/companies/>

Training:

FREE webinar training dedicated for both managers and employees in all sectors working in Milton Keynes, enhancing skills on managing difficult conversations with mental health distress and/ or in a crisis. The manager's session is 30 minutes and the employees session is 1-hour with an additional 30-minute open room (safe space).

By attending, you will recognise the signs of a person experiencing distress. Equip yourself with appropriate boundaries and find ways to encourage colleagues to share their thoughts, feelings and challenges. Enhance knowledge on tools and techniques to support mental health and identify organisational support and local professional support.

Spaces are limited and must be pre-booked. To book your place or find out more information please email:- Email: training@mind-blmk.org.uk

To access: <https://www.mind-blmk.org.uk/training-and-education/companies/>

See the Signs Suicide Awareness Training

To access this FREE See the Signs suicide awareness training, or to find out more information, please contact training@mind-blmk.org.uk to register for a place.

Public Health and MK ACT: providing support for employers and employees on Domestic Abuse



The Public Health Workplace Team have collaborated with the local Domestic Abuse charity MK ACT to produce a variety of domestic abuse training sessions and resources to support local workplaces and their employees.

Workplaces can use these evidence informed webinars dedicated to managers and employees which are only 15 minutes long.

The webinars will equip participants with rapid practical knowledge and awareness in mental health distress and domestic violence and how to approach the conversation whether it be with the person you manage, for you or others around you.

Employer & Employee Webinar

- Access the Webinars <https://www.mkact.com/webinars>

Domestic Abuse Awareness in the Workplace Training

Join our virtual training delivered by MK-Act, a specialist Domestic Violence Support Service for Milton Keynes. This workshop is for any workplace in Milton Keynes.

You will explore;

- Why individuals find it hard to leave an abusive relationship
- High risk factors in Domestic Abuse
- Stalking and harassment in the workplace
- How your workplace can become a safe place for victims to disclose domestic abuse incidents
- How your workplace can identify and support victims affected by domestic abuse
- Local MK-ACT services and referral pathways

To find out more or to book your place or email training@mk-act.org



Working Minds campaign was created by the Health and Safety Executive (HSE) to encourage employers to promote good mental health in work

Working Minds is aimed specifically at supporting small businesses by providing employers and workers with advice that is easy to implement, including simple steps to introduce the principles of the stress management standards.

Find out more about the Working Minds campaign at www.workright.campaign.gov.uk/workingminds/

Health & Wellbeing Resources - Online and telephone resources

Self-help therapies are psychological therapies that employees can do in their own time to help with problems like stress, anxiety and depression

<https://www.nhs.uk/conditions/stress-anxiety-depression/self-help-therapies/>

A directory of Adult Mental Health Services across Milton Keynes, Bedford Borough and Central Bedfordshire has been developed by NHS Bedfordshire and Luton CCG, access here: <https://www.blmkccg.nhs.uk/your-health/adult--mental-health/>

Every mind matters offers online tips and advice for common mental health problems including sleep, stress, low mood and anxiety. A mood self-assessment is available to check own mood; this is related to depression and anxiety

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

Mind provides advice and support to anyone experiencing a mental health problem. <https://www.mind.org.uk/> or call 0300 330 0648 for counselling advice

Kooth provides online mental health support for young people (age 11 until 26th birthday). Access to professional help from qualified counsellors 7 days per week, until 10pm. Adults struggling due the mental health of their child can get access Kooth.

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

Milton Keynes Council Public Health webpages provides information on health and wellbeing www.milton-keynes.gov.uk/health-and-wellbeing-hub and Workplace Health www.milton-keynes.gov.uk/health-and-wellbeing-hub/workplace-health-and-wellbeing

Men's Mental Health 'Heads Up': An online toolbox that can help overcome common issues like trouble sleeping, feeling low and money worries thisisheads-up.uk/

The Wellbeing (IAPT) services in Bedfordshire and Milton Keynes have come together to offer people who live, or work in these areas a huge range of online, live webinars every week. For more information go to www.blmk-wellbeingevents.nhs.uk

A workplace toolkit is available to ensure more help and support is given to individuals searching for harmful content online. Ripple is a browser extension interceptive tool designed to ensure more help and support is provided to individuals who are conducting searches relating to self-harm or suicide. Consisting of a message of hope as well as a selection of mental health resources in a range of different options (call, text, webchat) from free, established and 24/7 charity services www.ripplesuicideprevention.com

App resources

The Apps below have been compiled by BLMK Clinical Commissioning Group and may be useful to maintain mental wellbeing during the Covid-19 crisis and beyond. These resources are free to use unless otherwise stated. Phone apps available for both Android and IOS (Apple) operating systems unless otherwise stated.

Elefriends www.elefriends.org.uk	A supportive online community; a safe space to listen, share thoughts and be heard. Run by MIND. Over 17s only
Happier www.happier.com	Helps people to stay more in the present and keep positive throughout the day in IOS only
Headspace www.headspace.com	Meditation app
SAM www.sam-app.org.uk	Self Help for Anxiety Management helps understand causes of anxiety, monitors anxious thoughts and behaviours over time through self-help exercises
Worry Tree www.worry-tree.com	Uses cognitive behavioural therapy (CBT) techniques to help user notice and challenge their worries. Phone app. Free to use; in-app purchase
Calm Harm www.calmharm.co.uk	Designed to help people resist or manage the urge to self-harm

Keyworkers Support

Our Frontline: support for frontline health, care, emergency and key workers (All MKC colleagues are classed as key workers) Text: FRONTLINE to 85258 or call 116 123 or www.mentalhealthatwork.org.uk/ourfrontline/

Milton Keynes IAPT through CNWL are providing free, confidential wellbeing support for local health and social care staff who are directly working in response to the coronavirus outbreak. Support is delivered by qualified therapists and counsellors and either online or on the phone. Online support: Silvercloud Health also has a range of self-help programmes on stress, resilience and sleep hygiene. Access by email cnwl.mkt@nhs.net for a link: www.silvercloudhealth.com/uk/mental-health-nhs-staff-with-the-code-NHS2020. Helpline: If

you wish to speak with a therapist call 01908 724240 during working hours (Mon-Fri 8am-6pm) or via cnwl.mkt@nhs.net

Keeping Well: A hub providing fast, free, confidential psychological support by phone and online for those feeling low, anxious or stressed. Support for managers with Occupational Health who need advice or approaches to support their team.

Tel: 01908 724 227 www.keepingwellblmk.nhs.uk

Free online mental health and suicide awareness training

Free 20 minute online training including modules on social isolation & very brief introductions to suicide awareness. <https://www.zerosuicidealliance.com/suicide-awareness-training>

Psychological First Aid training is free to join and no previous qualifications are required. By the end of the course you will understand how emergencies like COVID-19 can affect us, recognising people who may be at increased risk of distress and understanding how to offer practical and emotional support. The course takes around 90 minutes to complete and is also available in three sessions for the learner to complete at their own pace. www.futurelearn.com/courses/psychological-first-aid-covid-19/1

Money and debt advice

Money worries can have a big impact on mental health and wellbeing ONE YOU offer tips and advice on coping with money worries. <https://www.nhs.uk/oneyou/every-mind-matters/coping-money-worries-and-job-uncertainty-during-covid-19/#>

National Debt Line provides free advice online, web chats with an advisor or email
Tel: 0808 808 4000 9am-8pm Monday-Friday or visit www.nationaldebtlines.org

Money Helper Finance and Pensions Services

Get free, confidential money and pensions guidance on anything financial. There are specialist tools for tangible next steps. Money Helper also offer a helpline.

Anxiety is putting people off dealing with money worries for about 2 years. If employees use this service issues can be resolved within 2-3 months.

Money Helper Helpline Support

Provide wide range of money guidance through contact centres. Phone, webchat, whatsapp, emails and letters. Offer alternative languages. Team are trained by Samaritans providing a supportive environment who will help and refer to specialist services if needed.

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

Bereavement support

Bereavement, grief and loss can cause many different symptoms and they affect people in different ways. It is a difficult experience under any situation and is taking place under very challenging circumstances during the coronavirus pandemic. Those who experience loss during the coronavirus outbreak may experience increased trauma and may be cut off from some of their usual support network.

Bereavement from COVID-19 is likely to be a very challenging kind of bereavement for most people. Research states that early self-care especially in the first days and weeks following bereavement, can mean that it is easier, over time, to make a recovery, with good mental health.

<p>Milton Keynes Bereavement Service Tel: 07483308032 Email: mk.bs@virgin.net www.bereavementservicemk.org.uk/</p>	<p>Local service supporting those who have been bereaved. Offering three free bereavement counselling sessions over the telephone. After initial three sessions individuals can join a waiting list for further counselling if required.</p>
<p>Cruse Bereavement Care (National) National Information Helpline: 0808 808 1677 Website: www.cruse.org.uk</p>	<p>Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland. They offer support, advice and information to children, young people and adults when someone dies; by telephone or email.</p>
<p>The Good Grief Trust National Information Website: www.thegoodgrieftrust.org</p>	<p>Crisis information and signposting to charities, offering dedicated advice and information including grieving in isolation. Offers: Support via Zoom visit www.thegoodgrieftrust.org/need-know-info/from-us-to-you/pop-up-good-grief-cafes/</p>
<p>Support After Suicide Bereavement Service – Mind BLMK MK Tel: Victoria Sharp 0784 240 5045 Email: Victoria.Sharp@mind-blmk.org.uk Website: www.mind-blmk.org.uk/how-we-can-help/milton-keynes/milton-keynes-bereavement-by-suicide-support-service/</p>	<p>Suicide bereavement support service. Offers 1-2-1 support and counselling for those living in MK who have recently been bereaved by suicide. Support delivered by suicide bereavement specialist by telephone or digital means.</p>

Arts for Health MK

Art for Health Milton Keynes is holding four weekly sessions titled COVID Inequalities “Brief Interventions, this artist led workshop will use varied drawing, painting, and collage techniques to help articulate the anxieties and experiences we may have/have had around the COVID-19 pandemic, and hesitations around vaccination

Workshops will take place on Mondays from 10am until 12pm through the year.

For more information and to refer contact naomi@artsforhealthmk.org.uk

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