

Wellbeing Information Guide for Businesses in Central Bedfordshire and Bedford Borough

July 2022

Public Health



Working together to
improve the health
and wellbeing of our
communities

Contents page

Introduction	3
Looking after your mental wellbeing	3
- 5 ways to wellbeing	
How to support someone struggling to cope	4
How to support someone experiencing a mental health crisis	5
Public Health and Mind BLMK partnership support for managers and employees	6
- Webinars	
- Training	
- See the Signs	
Public Health partnership support for Domestic Abuse	7
Working Minds Campaign by HSE	8
Online and telephone resources	8
App resources	9
Keyworkers support	9
Free online mental health and suicide awareness training	10
Money and debt advice	10
Bereavement support	11

Introduction

This information guide is to encourage businesses to promote a variety of services that are accessible in Central Bedfordshire and Bedford Borough 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.

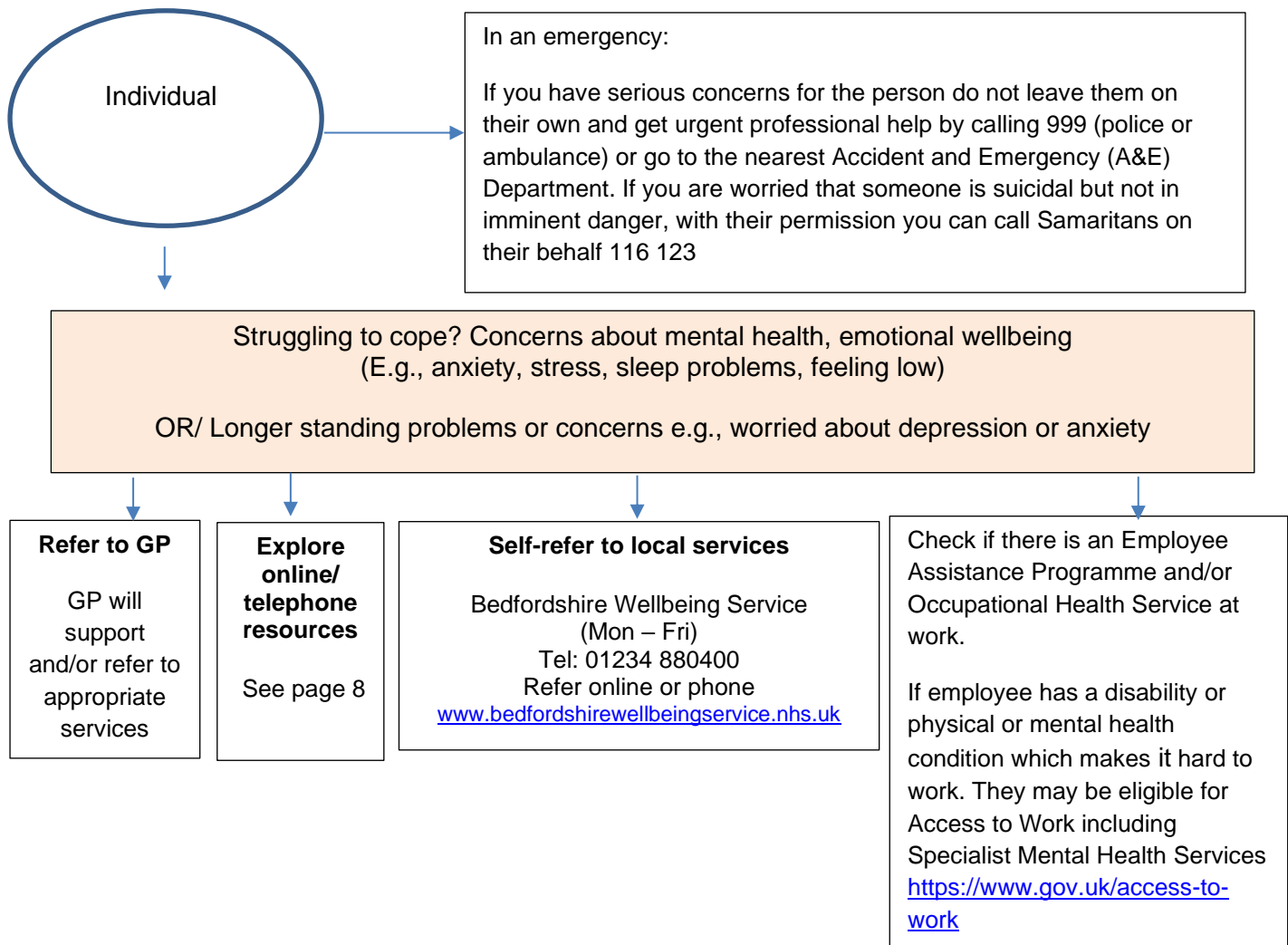
5 ways to wellbeing

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

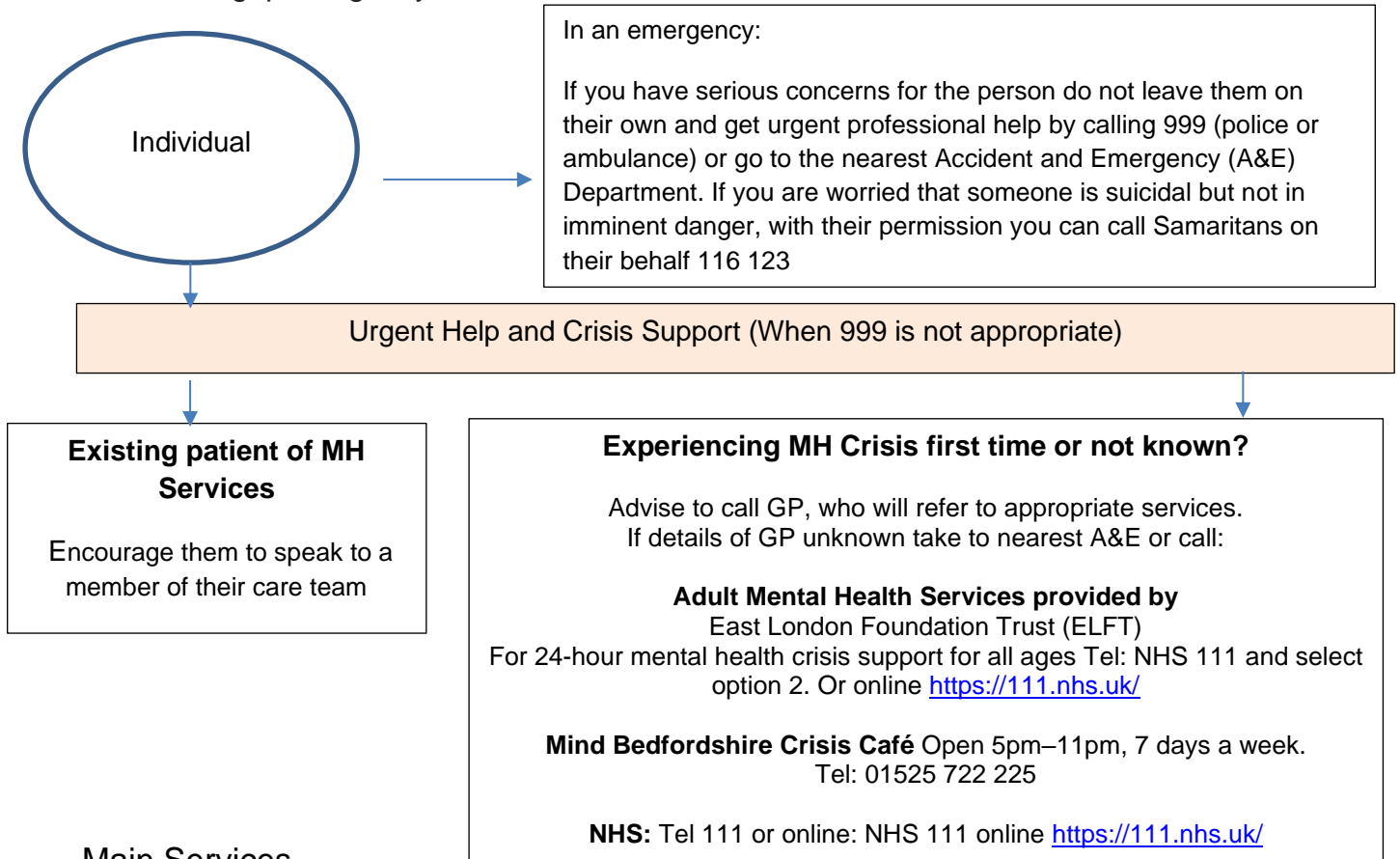
If a person is struggling with their mental health, encourage them to seek professional help by talking to their GP

Bedfordshire Wellbeing Service provides NHS psychological therapies services (IAPT) including cognitive behavioural therapy (CBT) provided by East London Foundation Trust (ELFT)

You can self refer without seeing your GP by using online referral form using this link: www.bedfordshirewellbeingservice.nhs.uk or telephone 01234 880400

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 ELFT offer Mental Health Crisis. If you or someone you know needs urgent mental health support, you can contact NHS 111 and select option 2

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 Bedfordshire 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 Central Bedfordshire and Bedford Borough 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 Central Bedfordshire and Bedford Borough, 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.

Domestic Abuse Awareness - Workplace Training

Domestic abuse spreads into every aspect of the victims' lives – including their working life. Research tells us that as many as one in five victims may need to take time off work because of domestic abuse. Employers can play a key role in supporting victims, but also by creating a safe space in the workplace to provide a network of support outside of their home. The workplace could be one of the few places where victims feel safe to speak out about what is happening to them.

One YMCA and the Early Childhood Partnership have created an online FREE training session for workplaces to access:

Aims of the training programme:

1. To develop a highly engaged workforce, who feel confident to respond safely to domestic abuse
2. To recruit domestic abuse responders who are ready to reach into their workplace and promote a safe space for victims and survivors
3. To equip the workforce with a digital campaign for them to raise awareness of unhealthy relationships and domestic abuse internally, and externally for public facing businesses

The Domestic Abuse Awareness Workshop can be accessed here: [Early Childhood Partnership - Training Events | Eventbrite](#)

Public Health partnerships with local charities providing support for managers and employees on Domestic Abuse

Workplaces across Central Bedfordshire and Bedford Borough can also access short, succinct, evidence informed webinars dedicated to managers and employees, both lasting 15 minutes.

These handy webinars provide knowledge and practical advice about supporting someone who is experiencing domestic abuse and supports you to consider how to approach this conversation, whether that be with someone you work with, line manager or other people around you.

The webinars can be accessed here: [Webinars | MK-ACT \(mkact.com\)](#)



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/>

Public Health is shared across Central Bedfordshire and Bedford Borough and Milton Keynes. Milton Keynes Council host the Public Health webpages providing information on 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.elfriends.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 CBC colleagues are classed as key workers) Text: FRONTLINE to 85258 or call 116 123 or www.mentalhealthatwork.org.uk/ourfrontline/

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.nationaldebtline.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. If people are waiting for appointments, 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>Cruse local Bedfordshire</p> <p>Tel: 0300 200 4108 Website: www.cruse.org.uk/get-help/local-services/eastern-england/bedfordshire Email: bedfordshire@cruse.org.uk</p>	<p>Local service by Cruse Bereavement Care supporting those who have been bereaved.</p>
<p>Cruse Bereavement Care (National)</p> <p>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</p> <p>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>Bedfordshire Bereavement service</p> <p>Tel: 01525 863925 Email: bsbs@chums.uk.com</p>	<p>Suicide bereavement service. Offers 1-2-1 support for those living in Bedfordshire who have recently been bereaved by suicide. Support delivered by suicide bereavement specialists by telephone or digital means.</p>