



The COVID19 Mental Health wave is yet to come (impact on pharmacy)

Great North Pharmacy Research Collaborative
Webinar 2020


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Impact on Services & Pharmacy

- Increased demand in mental health support expected
- Work on-going to model this
- Trauma and impact will emerge over time
- Impact in community & primary care with increased presentations
 - Community pharmacy counselling & signposting
 - Primary care – roles for PCN pharmacists & techs
- Increased presentation in acute settings
 - Role for Mental Health Champion

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Specialist Mental Health Services

- In-patients
 - Current increased acuity
- Community: need to increase skill mix in MDTs with more significant input of pharmacy within community mental health teams

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Help is just a phone call away...

- Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust are offering psychological wellbeing support to staff across the whole North East and Cumbria health and care system:
To access their helpline, call 0191 223 2030 (Monday to Friday 9am-6pm) excluding bank holidays.
To access recommended resources, psychological support, signposting or training email: StaffWellbeingandSupport@cntw.nhs.uk
 - **Crisis teams:** If you need urgent help with your mental health you can get in touch with the Trust's Initial Response services. Open for anyone to call, 24 hours a day on 0303 123 1146.
- Tees, Esk and Wear Valleys (TEWV) NHS foundation trust have launched a new, all age, single point of access number to make it quicker and easier for you to contact your local crisis service:
Call 0300 0200317 in a mental health emergency (open 24 hours a day, seven days a week)
Visit the TEWV website for advice on what to do in a mental health emergency.

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Ways to access support during COVID-19



Help now

Send the text 'FRONTLINE' to 85258 to start a conversation
Listening Line- For all NHS Staff - call 0300 131 7000 07:00-23:00
Bereavement and loss support call 0300 3034434
07:00-23:00

shout

SAMARITANS

hospiceUK

On-line

www.people.nhs.uk

A range of materials to support you and your teams perform under this pressure.



SCAN ME

Webinars

Access to the latest information and support

<http://horizonsnhs.com/caring4nhspeople/>

<https://www.practitionerhealth.nhs.uk/>

NHS
Practitioner Health

Self guided mental health support



SCAN ME

Silvercloud

<https://nhs.silvercloudhealth.com/signup/>
use the code **NHS2020**

Common Rooms

Meet other professionals in a safe and guided space. Get support and share your experiences.

<https://www.practitionerhealth.nhs.uk/upcoming-events>

NHS
Practitioner Health

Apps

Free access to psychological support - use your nhs.net email address to download

Unmind
Headspace
Sleepio
Daylight

<https://covid.minded.org.uk/>

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