

Here for you...

Staff Support during Covid-19

Information

General wellbeing advice on Covid-19 is available from [the DCC webpages here](#).

More specific advice for NHS staff is available on the [JUCD webpages here](#).

The Thrive app provides CBT, relaxation, mindfulness and distraction programmes.

Download from the app store and use code 'NHSDERBY19' to access all the features.

Resolve provides 1-1 counselling support, now available remotely, along with support for teams following difficult situations.

Available via email at resolve@nhs.net or by calling 01246 515951.



The wellbeing team is providing 30-minute dial-in coaching sessions to support staff with any wellbeing issue.

Email dchst.engagement@nhs.net for details.

You can access counselling support over the phone 24/7 using the CiC helpline on 0800 085 1376.

There is also a managerial advice line available 9-5 on 0800 085 3805.

Support