COVID-19 HR Factsheet: Access to Free Health and Wellbeing Apps

Introduction

The COVID-19 outbreak is having a significant impact on all of us and has affected the way in which we work and live our lives.

It is important to recognise that it is really important to look after your own health and wellbeing, whilst supporting and caring for your family and patients. In turn, the following free health and wellbeing apps to support staff during the COVID19 outbreak are available to access by all NHS staff.

Unmind

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically-backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.

They are offering free access to NHS staff until the end of December 2020, active now.

How NHS staff can get access

- Go to nhs.unmind.com/signup
- Sign up with your NHS email address
- Download the Unmind app from your appstore - your organisation name is NHS.

Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.
They are offering free access to all NHS staff with an NHS email address until 31 December, active now.

How to access Headspace

Go to https://www.headspace.com/nhs for NHS staff to access, with the option to select clinical or non-clinical staff to start enrolling
You will need to use your NHS email address to sign up

Sleepio and Daylight (developed by Big Health)

Sleepio is a clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

Free access to Sleepio for all NHS staff is active now until 31 December.

Daylight is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.

Free access to Daylight is active now until 31 December.

How to access Sleepio

1. Visit sleepio.com/redeem on your laptop or desktop computer
2. Enter redeem code NHS2020 and sign up for an account using your name and
   email address
3. Complete the sleep test
4. Get started!

How to access Daylight

1. Click on the following link: daylight.com/NHSaccess
2. Answer a few short questions to tailor the programme to you
3. Sign up for an account using your name and email address
4. Download the Daylight smartphone app (search 'Daylight - Worry Less', available on both iPhone and Android)
5. Get started!

You can watch a short video from Prerana Issar, NHS Chief People Officer outlining the importance of looking after yourself during this time:

https://twitter.com/prerana_issar/status/1243213370431594499?s=12