

Virtual Staff Common Rooms

The staff common room is an opportunity for our NHS people to come together virtually to help to support each other during these difficult times

They are open to everyone working across the NHS, whatever their role, and whatever their context

They provide a safe, supportive and confidential environment for up to 10 people, hosted by experienced group leaders

By participating in a common room, we hope that people will feel better enabled to maintain their health and wellbeing, to continue to function well, and will have been supported in their 'natural recovery processes'

To book, visit: <https://people.nhs.uk/help/>
and scroll down to Staff Common Rooms

Staff common rooms



The staff common room is an opportunity for our NHS people to come together virtually and support each other during this difficult time. The staff common rooms are a safe and supportive environment through which colleagues can continue to stay mentally well. They are open to anyone working in the NHS.

Join one of our daily virtual group sessions!

[Join a staff common room](#)



In partnership with..... Practitioner Health

#OurNHSpeople

Wellbeing support

for all our NHS people, we are here for you whenever you need us



24/7 text support
Text 'frontline' to 85258



people.nhs.uk
Helping you manage your own health and wellbeing whilst looking after others



Free access to mental health and wellbeing apps
Unmind, Headspace, Sleepio and Daylight for all NHS staff



Call 0300 131 7000
7am - 11pm seven days a week emotional support and onward signposting to specialist financial advice, bereavement care and coaching

