



**keepingwell**

support for health and care staff



**Are you feeling  
stressed, anxious  
or low in mood?**

Keeping Well is a free confidential psychological support service run by care professionals for care professionals, in North West London. Launched in response to the Covid-19 outbreak.

[www.keepingwellnw1.nhs.uk](http://www.keepingwellnw1.nhs.uk)

**0300 123 1705**

## Keeping Well is a free confidential psychological support service run by care professionals for care professionals

The Covid-19 pandemic has brought considerable challenges and stresses to health and care professionals. Working longer hours in hospitals, community and care homes, seeing friends and colleagues become unwell, being redeployed or asked to work in unfamiliar areas may have impacted your stress, anxiety or mood.

You may have worries about your own or your family's health and safety. You might be exhausted from juggling the pressures of home life and childcare, social isolation and the uncertainty that this period brings to all our lives.

The Keeping Well service is here to provide wellbeing and psychological support to:

- All NHS staff in North West London (inc. non-clinical)
- All staff in care/residential homes in North West London
- All London Ambulance Service staff

\*North West London is defined as Brent, Ealing, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow, Kensington & Chelsea, Westminster\*



## Symptoms

Emotional difficulties are a normal response to a crisis. Keeping Well aims to provide the help and support needed to get you feeling emotionally resilient and well again, whether you are experiencing new mental health symptoms or a worsening of pre-existing difficulties.

### Signs and symptoms to look out for:

- Feeling down, depressed or hopeless
- Trouble with sleep or sleeping too much
- Little interest or pleasure in doing things
- Changes to your appetite
- Feeling tired or having little energy
- Trouble concentrating
- Feeling nervous, anxious or on edge
- Worrying too much about different things
- Trouble relaxing
- Becoming easily annoyed or irritable

## Treatments

Keeping Well provides access to confidential psychological assessment and evidence based treatments. All our interventions are offered by trained NHS professionals with a wealth of experience of working with common mental health problems.

Our treatments will be tailored to your needs following a comprehensive assessment.

## How to get help

Your organisation may already have some support mechanisms in place but some of us will need more personalised help. You can access Keeping Well via:



[www.keepingwellnwl.nhs.uk](http://www.keepingwellnwl.nhs.uk)

including 'live chat' to one of our therapists



0300 123 1705



[keepingwell.nwl@nhs.net](mailto:keepingwell.nwl@nhs.net)

## Opening times

We are contactable via 'Live chat', telephone and email,  
**Monday to Friday, 9am to 5pm.**

We will talk to you about your appointment time. We can be flexible to work around shift patterns and we offer daytime and evening appointments. We can provide choice over where your treatment is provided so you do not have to be seen in your place of work.



Keeping Well is a partnership between Central & North West London NHS Foundation Trust and West London NHS Trust