

## Tune into Mindfulness

- Regular **Mindfulness Sessions** of 15-30 mins each
- Choose a time that best suits you (morning or evening), either 7.30-7.45 am or 8.00-8.30 pm
- For session details, link to:  
<https://us04web.zoom.us/j/5743287065?pwd=Z01hQVRKM1pZbHMwc1hMMUIJdnc4dz09>
- Zoom meeting ID: 574-328-7065  
Password: 5EmzHE

## Personal Wellbeing & Resilience

- Make time for **Tiny Habits**  
**AVAILABLE FROM (START DATE)**  
Easily accessed via **[ADD ACCESS DETAILS]**  
**EXTRA SPACE FOR TINY HABITS TEXT**
- **Doctor's Common Room** held daily, 11.00 am – 12.15 pm and 6.00 – 7.15 pm  
Call 0300 0303 300 or email: [workforce.wellbeing@nhs.net](mailto:workforce.wellbeing@nhs.net)  
Get your Zoom invite via [www.practitionerhealth.nhs.uk](http://www.practitionerhealth.nhs.uk)

## 1-2-1 Psychological Support

- **Local COVID-19 Confidential Helpline** (BDCFT team)  
OPEN TO ALL - 8 am to 6 pm, Mon to Fri  
Call 01274 251909
- **National NHS Support Line**  
Call 0300 131 7000 or text 'frontline' to 85258
- **Peer Support for GPs** via video call (Leeds LMC & YORLMC)  
Contact Simon Berriman, email: [cpsyorlmc@gmail.com](mailto:cpsyorlmc@gmail.com)

## National Offer

- **Expert Guides** of 10-20 mins for managing your own health and wellbeing
- **Top Tips** for caring for yourself PLUS other resources for ALL STAFF  
Link to: <https://www.people.nhs.uk>
- **NHS Practitioner Health Service for GPs**  
Call 0300 030 3300 or link to:  
<https://www.practitionerhealth.nhs.uk>

## Useful Apps

<https://nhs.unmind.com/signup>

<https://www.headspace.com/nhs>

<https://sleepio.com/nhs-staff>

<https://trydaylight.com/nhs-staff>

### Please remember to:

- Pause.... take a breath
- Be kind to yourself
- Talk about your feelings
- Stay connected