


Keeping Well

Support for health and care staff in
Bedfordshire, Luton and Milton Keynes



Feeling
stressed,
anxious or
low in
mood?



Free,
fast and
confidential
psychological
support



Keeping Well is a free confidential wellbeing and psychological support service run by care professionals for care professionals, in Bedfordshire, Luton and Milton Keynes.


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.



Appointments are flexible to work around shift patterns



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

- Anyone employed by the NHS in acute, community and mental health Trusts
- Anyone sub-contracted to do NHS work
- Primary care staff and dental staff
- Staff working in nursing homes and care homes (regardless of which organisation employs you)
- Carers who visit people in their own homes
- Carers who are paid via personal health budgets
- Volunteers working within the NHS and care homes.


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



"My counsellor is a very good listener and she helped me to focus on my issues so that I could address them."

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:



Bedfordshire: **01234 880 400**
Luton: **0300 555 4152**
Milton Keynes: **01908 725 099**



keepingwell.blmk@nhs.net



www.keepingwellblmk.nhs.uk
'Live chat' with one of our therapists

Opening times: 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.



www.keepingwellblmk.nhs.uk

Keeping Well is a partnership between Central & North West London NHS Foundation Trust and BLMK Integrated Care System
Tel: 020 3214 5700 www.cnwl.nhs.uk

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