

Mental health and wellbeing resources: Pre-registration pharmacist trainees

Pharmacist support

Below is a range of resources which may help you if you need it.

We are working closely with pharmacist support during this challenging time and they are aware of the specific issues affecting pre-registration trainees at present. They can provide advice, a range of support materials or a referral to their listening friends service.

Visit pharmacistsupport.org to find out more.

New enquiry line added
You can now reach us on:
0808 168 5133
OR
0808 168 2233
COVID19

Your GP will also be able to offer support and refer you to other services

Online/App resources

NHS staff have been given free access to a number of wellbeing apps from now until the end of December 2020 to support their mental health and wellbeing.

- **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.

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. If you do not see your NHS email domain or have another support query, please visit the [FAQs and support](#) for more information.

- **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.

Access: Go to 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. Access their [FAQs and support](#) for more information.

- **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.

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.

Access Sleepio: Click on the following link on your laptop or desktop computer: sleepio.com/access Sign up for an account using your name and email address. Click 'Personalise Sleepio'. Get started.

Access Daylight: Click on the following link: trydaylight.com/access Answer a few short questions to tailor the programme to you. Sign up for an account using your name and email address. Download the Daylight smartphone app (search 'Daylight - Worry Less' on both iPhone and Android).

For technical support please contact: hello@sleepio.com or hello@trydaylight.com

- **CPPE**

CPPE have several online guides that may be useful. www.cppe.ac.uk/programme-listings/

Titles include:

- Being Resilient - guide
- De-stress you – guide
- Overcoming anxiety – guide
- Your pre-registration year – guide

School of Pharmacy and Medicines Optimisation, HEE Working Across the North, pre-registration pharmacists

Contact us

We are aware that there is some uncertainty around the completion of your training and in the working world in general. We can assure you we are working with all stakeholders to look at the next steps and ensure no-one is disadvantaged at this challenging time.

If you would like to talk to anyone about your current situation or any concerns about the future, our contacts in the north are listed in the table below.

Pharmacist support

Name	Role	Location	Contact
Jessica Hardisty	Associate Dean, Pre-registration training	HEE North	Jessica.hardisty@hee.nhs.uk
Stephen Doherty	National Lead, GP Pre-reg	HEE	Stephen.Doherty@hee.nhs.uk
North West			
Khalid Khan	Training Programme Director	HEE North West	Khalid.khan@hee.nhs.uk
Jen Hulme	Training Programme Director	HEE North West	Jennifer.hulme@hee.nhs.uk
Onagh Boyle	Training Programme Director	HEE North West	Onagh.boyle@hee.nhs.uk
Janet Whittam	Pre-registration training lead	University of Manchester	Janet.whittam@manchester.ac.uk
Harun Juwale	Pre-registration training lead	University of Manchester	Harun.Juwale@manchester.ac.uk (main contact available throughout the week)
Mayada Aljaizani	Regional facilitator	HEE North West	Mayada.Aljaizani@hee.nhs.uk (for GP pre-reg trainees)
Yorkshire and Humber			
Sue Hamshaw-Thomas	Training Programme Director	HEE Yorkshire and Humber	Sue.hamshaw-thomas@hee.nhs.uk (currently back in clinical service)
Clare Roberts	Training Programme Director	HEE Yorkshire and Humber	Clare.roberts@hee.nhs.uk
Atif Saddiq	Training Programme	HEE Yorkshire and Humber	Atif.saddiq@hee.nhs.uk
Helen Bradbury	Pre-registration training lead	Leeds University	h.m.bradbury@leeds.ac.uk
Brinder Sandhu	Regional Facilitator	HEE Yorkshire and Humber	Brinder.Sandhu@hee.nhs.uk (for GP pre-reg trainees)
North East and Cumbria			
Helen Fawcett	Pharmacist Specialist Education Lead	HEE North East	H.fawcett@nhs.net
Briana Madden	Training Programme Director	HEE North East	Briana.Madden@hee.nhs.uk (currently back in clinical service)
Kay Fenwick	Training Programme Director	HEE North East	Kay.fenwick@hee.nhs.uk (including GP pre-reg trainees)

IF YOU RECEIVE AN OUT OF OFFICE REPLY THIS MAY BE DUE TO STAFF CALLED BACK TO CLINICAL SERVICE, THIS REPLY WILL PROVIDE ALTERNATIVE CONTACT DETAILS.

North School of Pharmacy and Medicines Optimisation, Health Education England
Willow Terrace Road, University of Leeds, Leeds, LS2 9JL

Email: medicinesoptimisation.north@hee.nhs.uk
www.hee.nhs.uk/our-work/medicines-optimisation