

CPD Zone for primary care staff across TVW

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Mental health & wellbeing May 2020

Hot topic on the CPD Zone this month

Frontline staff involved in the delivery of Primary Care services are facing unprecedented challenges through COVID-19. This month's Newsletter includes some of the resources available to support mental health and wellbeing of clinical staff and their patients.

Supporting health workers:

[Personal resilience resources](#) page on the CPD Zone.

#Looking after you too – individual coaching support for all primary care staff. [Register](#) and book your coaching session.

Learning resources on staff wellbeing and resilience in the [Coronavirus \(COVID-19\) collection](#) on the HEE e-LfH platform

The NHS [Supporting our people](#) website has a range of tools including a range of [wellbeing apps](#) and [support lines](#).

The RCGP Learning [GP Wellbeing](#) page includes wellbeing, resilience and mental health resources and events.

Supporting your patients:

COVID-19 is not easy to explain to children – take a look at the

- [Communicating with children about COVID-19](#) podcast,
- [Mentally Healthy Schools toolkits](#) or
- NHS [Guidance on supporting children and young people's mental health and wellbeing](#).

[Help for people experiencing anxiety during the pandemic](#) from the Royal College of Psychiatrists

[Brief behaviour change strategies for distressed patients in primary care](#) - a BMJ Practice Pointer.

Evidence Bulletins – sign up for your personal copy

[Future-Proofing Primary Care](#), -dementia, integrated care, long term conditions, older people, safeguarding

[Reshaping Clinical Care in Primary Care](#), - innovation, leadership, skill mix, telehealth, workforce planning bulletin

Bulletins compiled by the Oxford Health NHS Library Service

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Thank-you.