**THRIVE LDN TOOLKIT – COVID-19 PUBLIC MENTAL HEALTH MESSAGING: PSYCHOSOCIAL APPROACHES AND GENERAL GUIDANCE**

**v0.1, 6 July 2020**

**The following toolkit is in relation to:** Thrive LDN’s [resource](https://thriveldn.co.uk/resources/supporting-those-adversely-affected-or-distressed-by-the-coronavirus-outbreak/) which provides an overview of psychosocial approaches and general guidance for people supporting individuals and communities affected by the coronavirus outbreak (COVID-19).

**Partner’s support and use of this toolkit**As well as considering how the guidance could be used within your own organisation, we would be grateful if you could share via external channels.

**Further information**

Public Health England (PHE) has launched a [Psychological First Aid (PFA) training module](https://www.futurelearn.com/courses/psychological-first-aid-covid-19/1), aimed at all frontline and essential workers and volunteers. The course teaches the key principles of giving psychological first aid in emergencies and aims to increase awareness and confidence to provide this support to people affected by COVID-19. The online course will complement the guidance outlined in this resource.

If you have questions on the below, please contact [james.ludley@nhs.net](mailto:james.ludley@nhs.net).

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| **OVERVIEW OF PSYCHOSOCIAL APPROACHES AND GENERAL GUIDANCE** | |
| **Suggested short copy** | |
| Thrive LDN has developed [a new resource](https://thriveldn.co.uk/resources/supporting-those-adversely-affected-or-distressed-by-the-coronavirus-outbreak/) for people who are supporting communities and individuals who have been adversely affected by COVID-19. Adapted from WHO psychological first aid guide for field workers, the purpose of the document is to help those working in the community to know the most supportive things to say and do for people who are very distressed.  It is supportive guidance for all frontline and essential workers and volunteers. Examples of people who might benefit from the guidance include health and social care workers, council employees, law enforcement officers, community leaders and others with caring responsibilities.  Explore the resource on an interactive [webpage here](https://thriveldn.co.uk/resources/supporting-those-adversely-affected-or-distressed-by-the-coronavirus-outbreak/) or download a [PDF copy](https://thriveldn.co.uk/wp-content/uploads/2020/06/Supporting-those-adversely-affected-or-distressed-by-the-coronavirus-outbreak-June-2020.pdf) of the guidance.  The guidance complements Public Health England’s (PHE) [Psychological First Aid (PFA) training module](https://www.futurelearn.com/courses/psychological-first-aid-covid-19/1), aimed at all frontline and essential workers and volunteers. The course teaches the key principles of giving psychological first aid in emergencies. | |
| **Suggested tweets** | |
| **Suggested posts** | ***ASSETS*** |
| NEW: @ThriveLDN guidance for those supporting people who have been adversely affected by COVID-19. Outlines #Psychosocial approaches in how to support the #MentalWellbeing of others, inc what supportive things to say and do for those most distressed.  ➡️ www.thriveldn.co.uk/resources/supporting-those-adversely-affected-or-distressed-by-the-coronavirus-outbreak | [Thrive LDN psychosocial approaches and general guidance – digital assets](https://thriveldn.co.uk/wp-content/uploads/2020/07/Thrive-LDN-psychosocial-approaches-and-general-guidance-digital-assets.zip)  *Includes social media collateral and an A4 poster* |
| Guidance on providing humane, supportive and practical help to those affected by COVID-19.  @ThriveLDN’s #Psychosocial guidance is for those working in the community, outlining the most supportive things to say and do for people who are distressed.  ➡️ www.thriveldn.co.uk/resources/supporting-those-adversely-affected-or-distressed-by-the-coronavirus-outbreak/ |