**THRIVE LDN TOOLKIT – COVID-19 PUBLIC MENTAL HEALTH MESSAGING: WELLBEING WEBINARS**

**v0.2, 24 July 2020**

**The following toolkit is in relation to:** NHS-led mental wellbeing webinars, both for the [general public](https://thriveldn.co.uk/resources/coping-well-during-covid/) and for [health and care workers](https://thriveldn.co.uk/resources/keeping-well-for-health-and-care-workers-webinar-series/).

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

**Further information**

The [Coping Well During Covid](https://thriveldn.co.uk/resources/coping-well-during-covid/) and [Keeping Well for Health and Care Workers](https://thriveldn.co.uk/resources/keeping-well-for-health-and-care-workers-webinar-series/) webinar series are developed and delivered by [Healthy London Partnership’s](https://www.healthylondon.org/) digital Improving Access to Psychological Therapies (IAPT) programme team. Webinars will be recorded and available to view back on Thrive LDN’s website to support the mental health and resilience of Londoners during and after the pandemic.

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

|  |  |
| --- | --- |
| **GENERAL PUBLIC WEBINARS** | |
| **Suggested short copy** | |
| The NHS-led series of [Coping Well During Covid webinars](https://thriveldn.co.uk/resources/coping-well-during-covid/) is continuing during August, with new sessions planned to cover specific topics on mindfulness, working from home and staying well, and wellbeing amongst BAME communities, which is being co-delivered with David Truswell.  The 60-minute webinars are developed for anyone feeling anxious about coronavirus and how it is impacting you, your loved ones or your work. You'll come away with quick, fun and practical tools to support your mental health and wellbeing, all of which are delivered in a clinically led and interactive way, when joining live.  All webinars are delivered by Cognitive Behavioural Therapist, Emily Gardner, and other topics include managing wellbeing, anxiety, low mood and sleeping difficulties.  **The full schedule of**[**Coping Well During Covid**](https://thriveldn.co.uk/resources/coping-well-during-covid/) **webinars includes:**   * [Managing Wellbeing](https://thriveldn.co.uk/resources/coping-well-during-covid/#chapter-1) - Tuesday, 4 August, 4pm * [Mindfulness](https://thriveldn.co.uk/resources/coping-well-during-covid/#chapter-2) - Thursday, 6 August, 4pm * [Anxiety](https://thriveldn.co.uk/resources/coping-well-during-covid/#chapter-3) - Tuesday, 11 August, 4pm * [Working from Home and Staying Well](https://thriveldn.co.uk/resources/coping-well-during-covid/#chapter-4) - Thursday, 13 August, 4pm * [Low Mood](https://thriveldn.co.uk/resources/coping-well-during-covid/#chapter-5) - Tuesday, 18 August 2020, 4pm * [BAME Wellbeing with David Truswell](https://thriveldn.co.uk/resources/coping-well-during-covid/#chapter-6) - Thursday, 20 August 2020, 4pm   Registration details are available via the [Thrive LDN website](https://thriveldn.co.uk/resources/coping-well-during-covid/). | |
| **Suggested tweets** | |
| QUICK RETWEET: <https://twitter.com/ThriveLDN/status/1287658505881759744> | |
| **Suggested post** | ***ASSETS*** |
| It's okay not to feel okay. Join NHS-led #CopingDuringCovid webinars - designed to help you manage the emotional impact of COVID-19, covering:  ➡️#Mindfullness  ➡️#WorkingFromHome  ➡️#BAMEWellbeing w/@davidondementia  ➡️#Anxiety  ➡️#LowMood  🖱️ Register <https://thriveldn.co.uk/resources/coping-well-during-covid/> | <https://thriveldn.co.uk/wp-content/uploads/2020/07/Wellbeing-webinar-graphics-Aug-2020.zip> |
| When times are uncertain, it's perfectly normal to feel worried. @GoodThinkingUK has a range of apps to help if you have anxiety, low mood, sleeping difficulties or stress.    Or join NHS-led public webinars to help you cope with the impact of COVID-19 👇  <https://thriveldn.co.uk/resources/coping-well-during-covid/> | <https://thriveldn.co.uk/wp-content/uploads/2020/06/wellbeing-resources-header-image.jpg> |
| **Instagram** | |
| **Suggested post** | ***ASSETS*** |
| It’s normal to feel anxious and worried about things that feel out of our control.  Now more than ever before, we need to be kind to ourselves and each other.  Let’s think and talk more about mental health and wellbeing in our neighbourhoods, in our friendship groups and with work colleagues.  Visit @ThriveLDN and sign up to an NHS-led wellbeing webinar, developed for anyone feeling anxious about coronavirus and how it is impacting you, your loved ones or your work.  [www.thriveldn.co.uk](http://www.thriveldn.co.uk)  #LondonTogether #ThriveLDN | <https://thriveldn.co.uk/wp-content/uploads/2020/07/Wellbeing-webinar-graphics-Aug-2020.zip> |

|  |  |
| --- | --- |
| **HEALTH AND CARE WORKERS WEBINARS** | |
| **Suggested short copy** | |
| It’s more vital than ever to look after your own wellbeing, allow yourself to recognise the emotional challenges of your work and ask for support when you need it.  A series of free NHS-led webinars – [Keeping Well for Health and Care Workers](https://thriveldn.co.uk/resources/keeping-well-for-health-and-care-workers-webinar-series/) – has been developed to support the emotional health and wellbeing of health and care workers.  The webinars will take place on Wednesdays at 12pm during August and will look at understanding emotional health and sustaining staff wellbeing. The webinars will provide strategies and techniques to break some common cycles and help improve mood.  The current [Keeping Well for Health and Care Workers](https://thriveldn.co.uk/resources/keeping-well-for-health-and-care-workers-webinar-series/) webinars scheduled for August are:   * [Managing Wellbeing](https://thriveldn.co.uk/resources/keeping-well-for-health-and-care-workers-webinar-series/#chapter-1) - Wednesday, 5 August 2020, 12pm * [Preventing Burnout](https://thriveldn.co.uk/resources/keeping-well-for-health-and-care-workers-webinar-series/#chapter-2) - Wednesday, 12 August 2020, 12pm * [Coping with Burnout and Anxiety](https://thriveldn.co.uk/resources/keeping-well-for-health-and-care-workers-webinar-series/#chapter-3) - Wednesday, 19 August 2020, 12pm   **Register online**[**here**](https://thriveldn.co.uk/resources/keeping-well-for-health-and-care-workers-webinar-series/) **and receive updates via Thrive LDN’s** [**newsletter**](https://thriveldn.co.uk/newsletter/)**.** | |
| **WhatsApp message** | |
| \***NHS-led mental wellbeing webinars**\*  At this time, it is vital that we all look after ourselves, allow ourselves to recognise the emotional challenges of our work and ask for support when needed. A new series of NHS-led mental wellbeing webinars has been developed for health and care workers.  Taking place on Wednesdays at 12pm during August, the webinars are designed to help you manage your emotional health and wellbeing whilst looking after others. Register online here: <https://thriveldn.co.uk/resources/keeping-well-for-health-and-care-workers-webinar-series/> | |
| **Suggested tweets** | |
| QUICK RETWEET: <https://twitter.com/ThriveLDN/status/1286944254464610304> | |
| **Suggested posts** | ***ASSETS*** |
| Join the #KeepingWell webinar series for health and care workers, whether at the #Frontline or in supporting services.  Designed to help you manage your emotional health & wellbeing whilst looking after others.  ➡️ Register: <https://thriveldn.co.uk/resources/keeping-well-for-health-and-care-workers-webinar-series/> | <https://thriveldn.co.uk/wp-content/uploads/2020/07/Wellbeing-webinar-graphics-Aug-2020.zip> |
| Do you work in health and care? Support for mental wellbeing is available. Join a series of free NHS-led wellbeing webinars to help you cope with the impact of COVID-19.  ➡️ Register online here: <https://bit.ly/2VcrcPr> | <https://thriveldn.co.uk/wp-content/uploads/2020/07/Wellbeing-webinar-graphics-Aug-2020.zip> |