



Sherwood Forest Hospitals
NHS Foundation Trust

STAFF SELF-CARE AND WELL-BEING DURING **Covid-19**

Over the next week, we will be sharing ways in which staff can access helpful information and support during these challenging times.

Each level will focus on the following:

LEVEL 1 - SELF-CARE

LEVEL 2 - FAMILIES AND OUR COMMUNITY

LEVEL 3 - NON-SPECIALISED SERVICES - Should you need a higher level of support

LEVEL 4 - SPECIALISED SUPPORT AVAILABLE TO YOU

We are in this together | Just do the best that you can do | Look out for each other | Its ok not to be ok