



BRITISH INDIAN NURSES ASSOCIATION (BINA)

Dear all

Please see below a list of nationally available support options for NHS staff; please do check with your employing trust for any local health and wellbeing support available:

- [Looking After You Too](#) - Individual wellbeing coaching support for ethnic minority staff working in the NHS and ambulance trusts
- [Support now](#) – Access to a helpline operated by the Samaritans and a confidential bereavement support line operated by Hospice UK
- [Wellbeing apps](#) – NHS staff have been given free access to a number of wellbeing apps to support with their mental health and wellbeing
- [Staff mental health and wellbeing hubs](#) - provide healthcare colleagues rapid access to free, local evidence-based, confidential mental health services and support where needed.
- [Wellbeing conversations – Our NHS People](#). This could help individual staff members to discuss their health and wellbeing their line manager and develop a personalised support plan
- [Wellbeing Wednesdays webinars](#): for NHS staff who have a role in supporting the wellbeing of NHS people as part of covid-19 response
- For any health and wellbeing related queries please visit [NHS England » Supporting our NHS people](#)
- If you have any further ideas for support for our Indian nurses at this time please email nhsi.wellbeingc19@nhs.net

For further support from BINA is available, please see the contact methods.

- BINA email address: admin@binauk.org
- Website: www.binauk.org
- Facebook Page: <https://www.facebook.com/pages/category/Nonprofit-Organization/BINA-British-Indian-Nurses-Association-108220764348724/>
- Twitter Page: https://twitter.com/bina_uk?lang=en
- BINA Wellbeing sessions are YOGA, Bollywood dancing. Information with joining link is shared through our WhatsApp group.
- There are regional WhatsApp group, which you can join and get benefitted.-Email for the details.

Kind regards

BINA Executive Committee.