

Supporting the mental health of NHS staff for free

Friday 20 March, 2020

It is good to see businesses can still be altruistic in these difficult times. Vivup are the leading public sector employee benefits provider in the UK and currently provide benefits, discounts and mental health support to over 1 million NHS workers.

“We know that the country’s public sector workers are going to be under more strain than ever before with the added pressures caused by COVID-19 – at work and at home. We run our own in-house Employee Assistance Programme (EAP) where we provide 24/7, 365 day telephone support from highly trained counsellors. We have taken the unprecedented decision to offer this mental health support for free to all public sector organisations over the next three months. It is our chance to give something back and we believe supporting the mental health of our key workers is as important as their physical health”, Simon Moyle, Commercial and Strategy Director, Vivup.

The service Vivup are providing includes a telephone counselling helpline, online practical mental health advice along with downloadable Cognitive Behavioural Therapy (CBT) workbooks, covering all major areas of concern.

Since launching their free service yesterday (19th March 2020), six major NHS Trusts have already taken advantage.

“We were overwhelmed with the offer from Vivup to give us helpful and practical support at this time of great uncertainty. There are no strings attached and they also communicate to all our staff on our behalf about the service, so we can ensure everyone is aware and they know how to access the helpline” Sarah Brown, Director of Workforce, Birmingham Women’s and Children’s NHS Foundation Trust

Vivup are offering this free mental health support to all public sector organisations. If any organisation is interested they need to sign up by 30th April 2020 to take advantage.

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