

# Supporting the mental health of NHS frontline workers: An introduction to Frontline19

Free, Confidential Psychological Support tailored for NHS & Frontline staff

Samantha Wathen | Chief Operating Officer Frontline19



# Who are we?

- **Frontline19 provides free, confidential psychological support to NHS and frontline workers**
- Founded in 2020 to address the rising mental health challenges faced by frontline staff
- We work with a nationwide network of **qualified therapists, counsellors, psychologists, and psychotherapists**



# Who do we support?



We prioritise NHS and frontline workers in **patient-facing roles**, including:

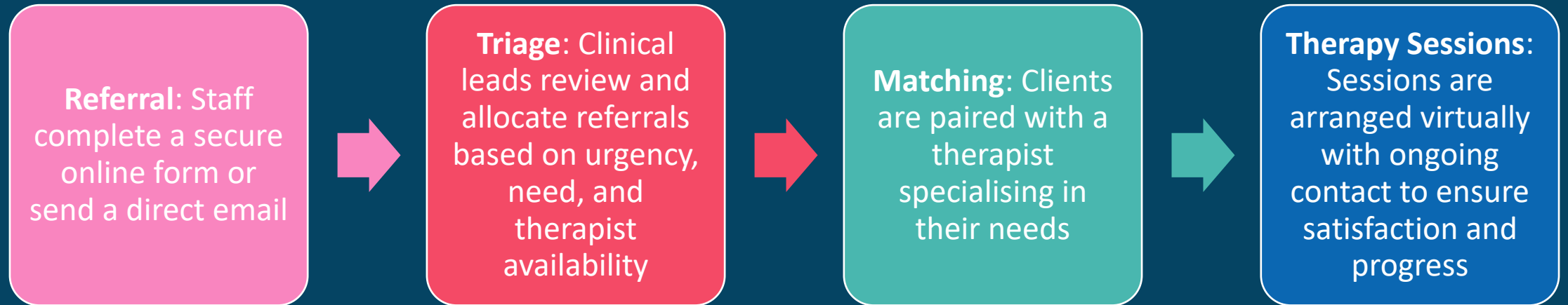
- Paramedics, Nurses, Doctors, GPs, and Healthcare Assistants
- Porters, Clinical Leads, and Mental Health Practitioners
- Student healthcare workers completing their training

Our focus is on those who deal directly with patients and are at high risk of **burnout, stress, and trauma**

# How does it work?

Our process is designed to ensure confidentiality, efficiency, and tailored support.

Up to 12 sessions are offered



# What do we offer?



- **1:1 Therapy:** Confidential, tailored mental health support for individuals
- **Group Sessions:** Therapy for shared challenges like anxiety, burnout, or trauma
- **Workshops & Training:** Topics include:
  - Breaking Bad News
  - Managing Wellbeing
  - Emotional Literacy
  - Understanding Trauma
- **Debriefing Sessions:** For teams after high-stress incidents or traumatic events
- **Clinical Supervision:** Support for health and psychological practitioners



# What makes us different?



- 100% **confidential** and **independent** from the NHS
- Accessible to all NHS workers across the UK, at no cost
- High-quality support provided by a network of **vett**ed and **qual**ified professionals
- Strong focus on **data security** with cutting-edge CRM tools

# Our impact so far



- Hundreds of thousands of NHS workers supported since we began
- High satisfaction rates from clients receiving therapy.
- Tangible outcomes, including:
  - Improved mental health and resilience.
  - Reduced burnout and stress levels.
  - Positive feedback from healthcare leaders.

# How we can support your teams?



- Help alleviate mental health pressures on NHS staff
- Address **burnout, stress, and trauma** proactively
- Complement your wellbeing initiatives with free, high-quality mental health services
- Offer tailored support to staff, ensuring they feel valued and cared for



# What our clients say...

“Getting help from Frontline19 was quick & easy. They helped me at a time where i felt utterly overwhelmed. Im so grateful for the support and feel so much better, thank you.”

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“Frontline19 saved my life during Covid and helped keep me in the career I love. Thank you doesn't begin to cut it!”

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# Join us in supporting NHS workers



- Help us reach more NHS staff who need urgent mental health support
- Collaborate with Frontline19 to complement and enhance your wellbeing strategy
- Together, we can ensure frontline staff receive the care they deserve

