

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

Free, Confidential Psychological Support tailored for NHS & Frontline staff

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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:

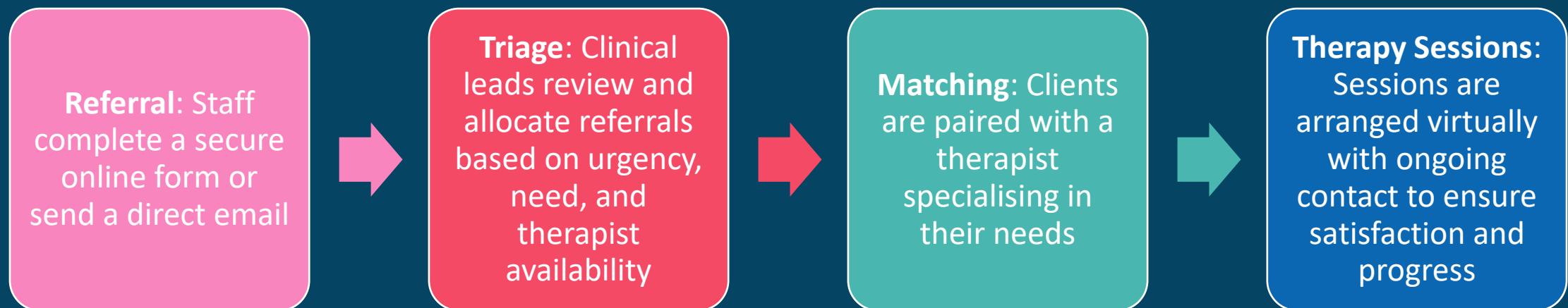
- Paramedics, Nurses, Doctors, GPs, and Healthcare Assistants
- Porters, Clinical Leads, and Mental Health Practitioners
- Student healthcare workers completing their training

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 **vetted and qualified 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. I'm so grateful for the support and feel so much better, thank you.

Frontline19

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

Frontline19

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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

