

Mental Health & Wellbeing

The past 12 months have undoubtedly been extremely challenging in different ways for us all. These challenges continue with the uncertainty that lies ahead. I have compiled a list of some of the support networks that are available which is by no means exhaustive. Please remember that there is support available to us all and don't hesitate to reach out and access this support when it is needed. If you require any assistance or guidance with this please let us know. Taking care of ourselves is more important than ever. By being kind and looking after each other we will get through this together.

Togetherall

If you are stressed, anxious or need a place to talk – visit the [Togetherall \(formerly Big White Wall\)](#) to join an online mental health community. It's an anonymous community where members also support each other.



RAF Families Federation

The RAF family's federation have developed guidance on all things health-related during the pandemic and activities to join to maintain good health.

<https://www.raf-ff.org.uk/coronavirus/health-wellbeing/>

SSAFA

SSAFA have a Forcesline support team which can be accessed by calling 0800 731 4880 0900-1730 UK time Mon - Fri

<https://www.ssafa.org.uk/news-articles/9-tips-to-stay-mentally-healthy>

Mindfulness App Headspace

The RAF Benevolent Fund can help through the mindfulness app '[Headspace](#)'. If you are a currently serving member of the RAF (regular or reserve) and you would like to request a Headspace membership please email headspace@rafbf.org.uk from your MOD email account, quoting your service number.

If you aren't Serving, you can still access and use [Headspace](#) generally by downloading the app onto your phone.

RAF Support



During the Coronavirus lockdown, keeping your physical and mental fitness levels up has never been more important. The RAF have collated a range of tools and resources to support you during this time. Keep checking back for further updates.

<https://www.raf.mod.uk/coronavirus/health-wellbeing/>

Resources to Support Families

There have been big changes in our lives because of coronavirus, so the children's commissioner has created a children's guide to coronavirus to help explain the situation.

The guide aims to answer children's questions about coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home.

<https://www.childrenscommissioner.gov.uk/report/childrens-guide-to-coronavirus/>

The RAF families federation have produced a list of ideas to keep the family entertained both indoors and outdoors.

<https://www.raf-ff.org.uk/coronavirus/families/>

They have also developed an interactive infographic with support relating to home schooling both in the UK and overseas.

<https://www.raf-ff.org.uk/home-and-remote-schooling-in-the-uk-and-overseas/>

During the first lockdown I developed a collection of worry resources for children. If you would like to receive a copy of this please let me know.

EJSU Support

The EJSU welfare team and Padres are here to support you. In addition to the Head of Location please see below contact details for the EJSU welfare support team;

EWO	
Chris Jones	Mob: 0032 478 97 02 80
EJSU Welfare Office	
Welfare Team	Tel Mil: 9205 423 6733
	Civ: +32 (0)65 44 6733
Padres	
Padre Paul Mellor	Mob: 0032 470 66 45 8

Army Welfare Service (AWS)
SSGT Nathan Johnson
The AWS is available to provide Tri-service second line support across the EJSU AOR. Personnel can request a referral through the European Welfare Officer, Chris Jones, or alternatively, self referral using the contact details below;
RC-AWS-IAT-oMailbox@mod.gov.uk
Tel: +44 1904 88 20 53

The infographic is divided into several sections:

- Services for Children and Young People:** Includes 'Email Airplay Connect' (RAF Benevolent Fund's youth support programme), 'Youth counselling support' (RAF Benevolent Fund's service with Refuse now), and 'Family Health and Wellbeing' (RAF offer free training through an online mental wellbeing course).
- Support for home and remote schooling:** Includes 'The Parents' Guide' (packed with videos about animals, plants, travel and technology), 'BBC Bitesize', 'The National Academy', 'BBC Teach', 'CGP' (revision guides and educational resources), and 'Websites with resources for those caring for children with SEND' (Chatter pack, Special Needs Jungle).
- Defence information:** Includes 'Directorate Children and Young People (DCYP)' (latest on defence policy and COVID developments), 'RAF Benevolent Fund' (copies of latest Advice Notes and Directed Letters), and 'HAVE' (information network available to the whole service community).
- Useful links for specific locations:** Includes 'For US based Families: BOSUS', 'Latest UK based NHS advice', 'European Joint Support Unit Families', 'IHIVE', and 'MODSAP - New Team Members will be invited to join the Shifting Sands webinar once they receive an Assignment Order; there is also a Community Support Facebook Group and the Desert Dependents Forum. Families may contact Warrant Officer Personnel Support Group, MODSAP. Email: Julian.Spallings@mod.gov.uk'.

I will continue to update this page as new resources and support becomes available. Please remember that we are not alone during this challenging period, there is some fantastic support available to us all which of course is confidential.