

Free mental health support for NHS workers from InsideOut

NHS employees are able to access free online mental health support in the form of one consultation session, six therapy and coaching sessions, and access to the InsideOut mental fitness toolkit - a guide to help keep your mental health in check.

InsideOut was founded by CEO Laura Stembridge and enables its users to access therapy and coaching on the go, anywhere, anytime. By completing a simple questionnaire, InsideOut connects its users in real-time to vetted, skilled therapists. The platform has been accessed by several healthcare workers over the past week, including ICU nurses, and the service is now widely available.

"I want people to learn from my personal experiences that if you don't prioritise your mental health, there can be long term implications on your physical health too. We want to help to support our NHS heroes in the way we know best, and the Inside

Our team and therapists are ready to go. We know from our direct conversations with NHS workers over the past few weeks that they are in real need of mental health support right now. Some are living away from loved ones in isolation, others experiencing financial worries, feelings of hopelessness, and overwhelm due to Covid-19. They are putting their lives at risk looking after us, but who is looking after them? Our message to them is that there is help right here for you, right now.” – Laura Stembridge, Founder and CEO, InsideOut

All NHS employees are eligible and the free service is available from now until the end of September. NHS staff can [access the service via InsideOut website](#) or the app can be downloaded on mobile via iOS or Android app. Once downloaded, they will be asked to create a confidential profile and complete a diagnostic form before being matched with three mental health practitioners the user can choose from. Sessions are provided in the app via video.

Currently, InsideOut can provide support for 100 NHS employees a week but has more therapists and coaches on hand to provide additional hours and help if required.

InsideOut is a recent graduate of the Founders Factory accelerator program. It's a mental health employee benefits platform founded by CEO Laura Stembridge, and it enables its users to access therapy and coaching on the go, anywhere, anytime and anyplace. By [completing a simple questionnaire](#), InsideOut connects you in real-time to vetted, skilled therapists and coaches who have the expertise to help you and curated self-help content.

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Article by MADDYNESS