

Afghanistan: Here For You support for staff affected

Here For You is available to staff affected by the situation in Afghanistan. You may be working with refugees arriving in the UK, or you may have family and friends in Afghanistan and are finding the situation upsetting and stressful. Whatever your needs, our Here For You service is ready to support you

Here For You, staff mental health and wellbeing resilience service (Hertfordshire & Essex) is available to:

Anyone employed by the NHS in acute, community and mental health trusts and the Clinical Commissioning Group as well as Local Authority staff including social care and public health staff

- Anyone sub-contracted to do NHS work
- Primary care staff
- Staff working in nursing and care homes (regardless of which organisation employs you)
- Care workers who visit people in their own homes
- Carers who are paid via personal health budgets
- East of England Ambulance service
- Health and social care workers in the charity and/or voluntary sector

We know many of our staff will be directly and indirectly affected by the situation in Afghanistan. This may be due to having family and friends who are trying to escape or are unable to, or by being reminded of their own past trauma.

Some ways you can look after yourself at this time include:

- Weigh up what you can affect and what you can't. Focus on what you can do and consciously accept what you can't change. It can help to discuss this with someone and say this acceptance out loud.

- Once you know what you can do, for example raising money for charity, work on that; trusting this will bring some relief to those who are suffering.
- Look after yourself during this time. Stay healthy for those who need you. Eat healthily, keep exercising, get plenty of sleep and keep connected to others.
- Stay connected with others and don't suffer alone. Talk to friends and family. Seek formal counselling if you think this could be of help.
- Although it is tempting to look for news on social media, this can make you feel worse. Be mindful about sharing stories as this can be upsetting to others. Set aside a small part of your day to look at news, say 30 minutes, and try not to exceed this amount of time.

If you need someone to talk to, you can contact Keeping Well BLMK using the details below:

- **Phone:** 0344 257 3960
- **Email:** hereforyou@nhs.net
- Contact us through our webpage: www.hereforyou.info

[Download a list of refugee resources](#) (available in Farsi and Dari languages) including advice and guidance on mental health, emotional wellbeing and maternal health.

Afghanistan: support for people affected

www.gov.uk

[Support and resources for British and non-British nationals who have been affected by the situation in Afghanistan from August 2021.](#)

Afghanaid

[Afghanaid is a British humanitarian and development organisation.](#)