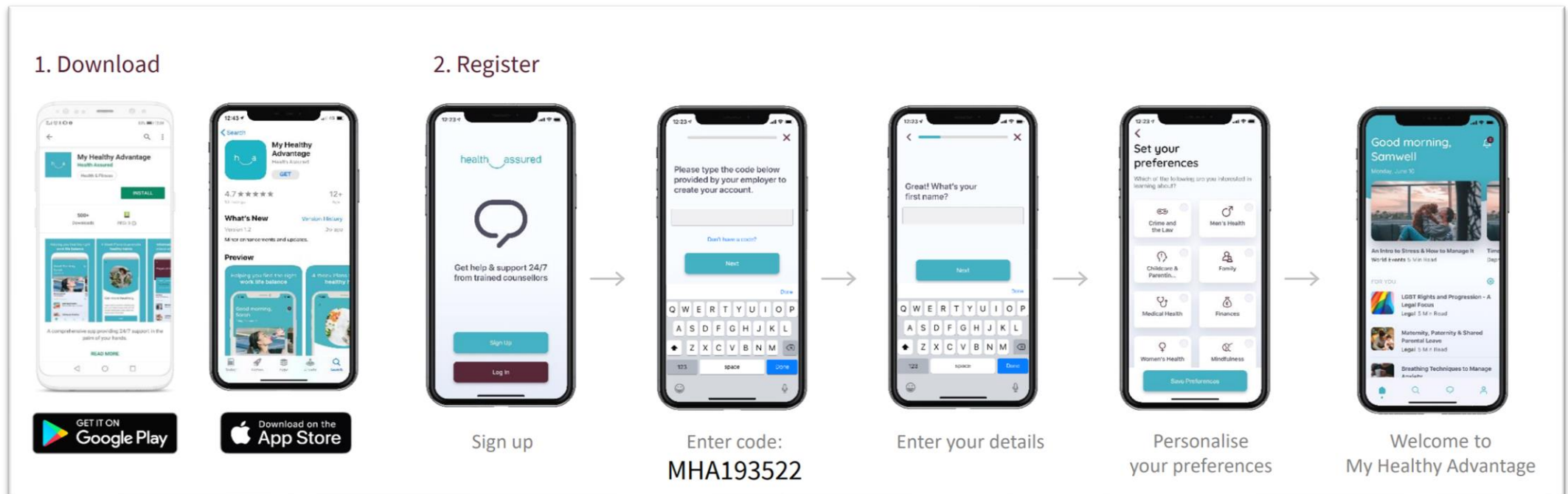


Primary Care Wellbeing Support

The Employee Assistance Programme (EAP) is completely free to access for all employees and the 24/7 helpline counselling support and access to 6 sessions of structured telephone counselling also extend to cover your partner/spouse and dependants (aged 16-24, living at the same address and in full time education).

The Employee Assistance Programme (EAP) is available as a mobile application for ease. Please search 'My healthy Advantage' on the [app store](#) or [google play](#) & use the mobile app access code MHA193522.



Primary Care Wellbeing Support

Looking After You is an initiative from NHS England recognising frontline primary care colleagues, both clinical and non-clinical, are continuing to work hard caring for their patients.

Individual coaching is available with a skilled and experienced coach who will work with you to discuss any area of your wellbeing that you would like to address. They will listen, ask questions and support you to develop practical strategies to cope with your situation and stay well.

It might be that by having a one-off conversation you will have all the strategies you need, or you might find a few sessions helpful. It is all led by you.

A vertical NHS poster titled 'Looking After You'. The top section has a yellow background with the NHS logo and the website 'www.england.nhs.uk/lookingafteryou'. Below this is a row of circular icons representing diverse people. The main body of the poster is divided into three horizontal sections with different background colors: light blue, light pink, and light green. Each section features a large speech bubble graphic with the text 'Looking after YOU', 'Looking after YOUR TEAM', and 'Looking after YOUR CAREER' respectively. To the right of each speech bubble is a brief description of the coaching service. The bottom section has a dark blue background with white text summarizing the confidentiality and eligibility of the service.

www.england.nhs.uk/lookingafteryou **NHS**

Looking after YOU

Confidential coaching for the primary care workforce

Looking after YOU TOO

This is a safe space to focus on you and your wellbeing and to talk about any pressures and challenges you may be facing. The coaching is designed to support you to develop practical strategies to cope with your situation and stay well. It is all led by you and how you are feeling right now.

Looking after YOUR TEAM

If you **lead, manage, or organise** a team or group in primary care you can access this offer. This coaching can support you to work with your team and to think about how your team is working together. We can help you to develop practical strategies to create a more compassionate and collaborative team culture.

Looking after YOUR CAREER

Do you feel in control of your career? This tailored coaching service can support you to take practical steps over your career direction and to proactively advance it. Your coach can help you to develop career plans and strategies for self-management.

All coaching is confidential. This offer is for staff working in the delivery of frontline primary care services. You will be either employed by the NHS or working with an NHS funded employer delivering an NHS funded primary care contract.

Primary Care Wellbeing Support

Primary Care Wellbeing Provision Webpage

The best way to stay healthy, both physically and mentally, is by learning how to take care of yourself and knowing what support is available to help with any issues affecting your health and wellbeing, whether physical, practical or psychological.

Scan the QR codes below to access resources:



NHS National offers page



C&M EAP Service



Financial Wellbeing and Cost of Living Support

The Money Helper Service can provide you **free independent** support to help you manage your finances at home.
NHS staff support line - Monday to Friday, 8am to 6pm. Call: 0800 448 0826

Add **+44 7701 342 744** to your **WhatsApp** and send Money Helper's national support team a message for help with sorting out your debts, credit questions and pensions guidance.



You can also chat to one of the Money Helper team via **Webchat**.
Click on QR code for more information.

Free Access to Wellbeing Apps

All NHS staff have been given **free** access to a number of wellbeing apps to support with their mental health and wellbeing including Unmind, Headspace and #StayAlive. All you need to sign up is your NHS email.

If you do not have an NHS email address to access, you can ask your local IT helpdesk or contact ournhspeople.hwb@nhs.net for support in getting an NHS email address.

Scan the QR code to access



headspace



unmind



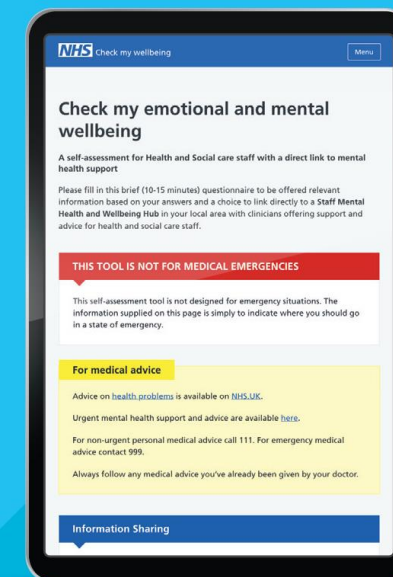
Self Check Tool

Answer questions about your mental and emotional wellbeing to find out what support you may need and where to access the right help for you.

This self-check tool is **free** and **confidential**.



Scan QR code to access



Primary Care Wellbeing Support

NHS Employers - <https://www.nhsemployers.org/>

The employers' organisation for the NHS in England; supporting workforce leaders and representing employers and systems to develop a sustainable workforce and be the best employers they can be.

NHS Future - [North West Staff Experience and Engagement Community of Practice - FutureNHS Collaboration Platform](#)

Staff Experience and Engagement team sharing national and regional updates on Health and Wellbeing, Engagement and Retention. A place for you to connect with the North West region; to share ideas, good practice, to raise and answer questions, to support new initiatives and be part of the wider community

NHS health and wellbeing framework - <https://www.england.nhs.uk/publication/nhs-health-and-wellbeing-framework/>

Including a diagnostic tool and implementation plan, this is a high-level culture change toolkit aimed at health and wellbeing guardians, managers and leaders and anyone with an interest.

People Plan - <https://www.england.nhs.uk/ournhspeople/>

NHS England's workforce strategy and actions to establish the pillars of 'looking after our people', 'belonging in the NHS', 'new ways of working and delivering care' and 'growing for the future'.

Primary Care Bulletin - <https://www.england.nhs.uk/email-bulletins/primary-care-bulletin/>

A weekly bulletin from NHS England covering all guidance and information published for general practice, pharmacy, dental and optical.