





Workforce Wellbeing Support

As a Healthcare professional there are a range of FREE and confidential resources available to support you

Crisis Support

Samaritans **116 123 (24/7)**


Pennine Care 24/7 mental health helplines:

 **Call: 0800 953 0285** Bolton,
Manchester, Salford, Trafford, Wigan
 **Call: 0800 014 9995** Bury, HMR,
Oldham, Stockport, Tameside & Glossop
If immediate danger to life call 999



NHS Staff Mental Health Hotline

If you are an NHS colleague who has had a tough day, have a lot on your mind and need to talk it through:

 **Call: 0300 131 7000**
(7am- 11pm daily)

 **Text: FRONTLINE to 85258 (24/7)**



Greater Manchester Resilience Hub


For rapid access to evidence-based mental health services and support:

 **Email: GM.help@nhs.net**

 **Call: 0333 009 5071**
(Mon – Thur 9am - 5pm
Fri - 9am -1pm)




Greater Manchester Primary Care Provider Board Health and Wellbeing Webpage

 A range of materials and resources including a GM Wellbeing Toolkit can be accessed via this webpage.

There is also information about how to take care of yourself.




Self-Check Tool

 This tool has been created to enable you to answer questions about your wellbeing.

The tool will then direct you to where you can access relevant support that will help you.




Free Access to Wellbeing Apps

 NHS staff have free access to apps such as Headspace and Unmind.

 Sign up using your NHS email. If you require support accessing these apps, **ask your local IT helpdesk or email ournhspeople.hwb@nhs.net**



Looking after You Too Coaching Support

 Coaching support is available to you with 3 options:


1. To support you as an **individual**
2. To help you **manage your team**
3. To help you **advance your career**.



Financial Wellbeing and Cost of Living Support

The Money Helper Service can provide you with free independent support to help manage your finances.

 **Call: 0800 448 0826**
(Mon – Fri 8am – 6pm)

 **WhatsApp: +44 7701 342 744**



Rest, Rehydrate, Refuel

In order to look after yourself ensure you:

REST: Take regular breaks to recharge

REHYDRATE: To stay alert and avoid dehydration

REFUEL: A poor diet or skipping meals can contribute to stress or tiredness

