



#OurNHSPeople Wellbeing Support

is for all our NHS people and we're there, now, for YOU



Free NHS health/wellbeing service, enhancing local care

Someone to listen

Psychological support

Mental health



Peer mentoring

Bereavement care

Everyday pressures

Crisis help

Practical needs, from food to housing

Financial assistance

Online support for building resilience

Specialist coaching



7am – 11pm every day **0300 131 7000**

Text 'frontline' to 85258 anytime, 24 hours a day

7 days a week

<https://together.leadershipacademy.nhs.uk>