





# 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)**

Crisis Helplines in Greater Manchester (free):

 **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



## Greater Manchester Wellbeing Toolkit

 An interactive toolkit to help support our health and care workforce to be at their best.



It provides advice on keeping well physically, practically and psychologically, as well as top tips on how you can support yourself, your team and other people around you.

## Greater Manchester Resilience Hub


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

 **Email: [GM.help@nhs.net](mailto: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 Podcast series can be accessed via this webpage.



An online hub for all the information you need about taking care of yourself.


## Greater Manchester Wellbeing Engagement Quiz

 This quiz has been designed to help you to improve your practical, physical and psychological wellbeing.



At the end you will see a bespoke result **for you** with suggested links and resources to help improve your wellbeing.


## 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](mailto: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

