




Workforce Wellbeing Support

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

Greater Manchester Mental Health and Wellbeing Support Links

 **Speak with someone** directly and confidentially online or on the phone – you don't need to tell anyone else if you don't want to.


 **Online support** and tools for guidance, counselling and advice.




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 Resilience Hub


Health and care staff wellbeing service 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 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.



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.



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



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**



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**

 **headspace**



 **Unmind**