

# WELLBEING SUPPORT

For everyone working in primary care

If you work in a general practice, community pharmacy, dentistry or optometry setting you can access the following services to support your mental health and wellbeing:

## Staff Mental Health Hubs

The staff mental health and wellbeing hubs have been set up to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed.



[www.england.nhs.uk/staff-mental-health-and-wellbeing-hubs](http://www.england.nhs.uk/staff-mental-health-and-wellbeing-hubs)



[www.england.nhs.uk/lookingafteryou](http://www.england.nhs.uk/lookingafteryou)

## Bespoke coaching

These confidential coaching offers have been designed to be easily accessible and tailored to your individual needs. Our experienced coaches can help you as an individual, support you to manage your team and reflect on your career goals and ambitions.



[www.practitionerhealth.nhs.uk](http://www.practitionerhealth.nhs.uk)

## Practitioner Health

A free, confidential NHS primary care mental health and addiction service with expertise in treating health and care professionals. Staff can be referred by their mental health hub, or GPs, dentists and those in band 8D can self refer.



[www.england.nhs.uk/supporting-our-nhs-people](http://www.england.nhs.uk/supporting-our-nhs-people)

## Wider support

There are a range of support offers and resources in place for our NHS colleagues which suit a range of different health and wellbeing needs, including fitness, financial and more.