

Health & wellbeing resources for Primary Care staff

We know the last 18 months have been tough for many people and the challenges continue, especially for those working in Primary Care services.

There's a range of local and national support offers in place to suit different health and wellbeing needs.

The People Portal

An online resource packed full of health and wellbeing advice, tips and local services. Get support with mental health to eating well, as well as discount offers available to staff.

hiowpeople.nhs.uk/ccc/hiow



NHS Staff Support Line

NHS England offer a confidential telephone service run by dedicated and trained Samaritan volunteers open between 7am – 11pm, seven days a week.

0800 069 6222



Employee Assistance Programme (EAP)

The EAP will give all General Practice staff access to free professional support, information and telephone counselling for a wide range of issues including personal, financial and legal matters.



Delivered by Health Assured – the UK and Ireland's leading wellbeing provider, the EAP will also offer the free 'My Healthy Advantage' wellbeing app.

Staff can access telephone support by calling: 0800 028 0199.



Looking After You Too

NHS England offer primary care staff access to coaching and other resources to support you at work.

england.nhs.uk/supporting-our-nhs-people



Wellbeing apps

Primary Care staff in the NHS have been given free access to a number of wellbeing apps to support with their mental health and wellbeing.

england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/



Podcasts

The Invictus Games Foundation collaborated with the NHS to provide guidance on how to support the physical, mental, and social wellbeing of NHS staff during and following the Covid-19 pandemic, based on advice and lessons learned in recovery by the wider Invictus Community.

audioboom.com/channels/5030566

