

# **Workforce Wellbeing Support**

Greater Manchester **Primary Care Provider Board** The partnership of primary care providers

# 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 vou don't want to.

Online support and tools for guidance, counselling and advice.

Health and Wellbeing Webpage

resources including a GM

Wellbeing Podcast series can

be accessed via this webpage.

A range of materials and



## 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 Burv. HMR. Oldham, Stockport, Tameside & Glossop If immediate danger to life call 999



# **Greater Manchester Wellbeing Engagement Quiz**

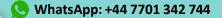
This quiz has been designed to help you to improve your practical. physical and psychological wellbeing.

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

#### **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)



#### 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 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.

### Free Access to Wellbeing Apps

headspace

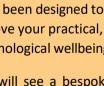
NHS staff have free access to apps such as Headspace and Unmind.

Sign up using your NHS email. If you require support accessing these apps, ask your local IT helpdesk or email ournhspeople.hwb@nhs.net



# 😕 Unmind





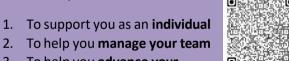


An online hub for all the information you need about taking care of yourself.

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## Looking After You Too Coaching Support

Coaching support is available to you with 3 options:



- To help you manage your team 2. To help you **advance your** 3.
  - career.