

# #OurNHSPeople

# Wellbeing support

for all our NHS people,  
we are here for you whenever  
you need us



## Call 0300 131 7000

7am - 11pm seven days a week support, for mental health, financial help, bereavement care and coaching



## 24/7 text support

Text 'frontline' to 85258



## Free access to mental health and wellbeing apps

Unmind, Headspace, Sleepio and Daylight for all NHS staff



## people.nhs.uk

Helping you manage your own health and wellbeing whilst looking after others

