

#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

