

A new way to support your wellbeing and recovery

Social prescribing offers personalised, one-to-one support for staff who may be off work, struggling to remain in work, or thinking about returning following a period of ill health.

Support may include help with:

- Rebuilding confidence and routine
- Reducing stress, isolation and overwhelm
- Supporting issues surrounding housing, debt and welfare
- Connecting with supportive communities, activities and practical resources
- Strengthening coping strategies that support long term wellbeing

Easy self-referral

Email: hnf-tr.workwelladvisors@nhs.net **Tel:** 0800 9177752

Confidential one to one appointments are available with a social prescriber and can be arranged via MS Teams or telephone for your convenience.

