

Wellbeing Support 2024

Whatever support you need we will do what we can to get it for you. All is completely anonymous.

- Employee Assistance Program – speak to HR to join but is free for all the team and includes:
 - Counselling Support
 - Financial Support
 - Bereavement Support
 - Legal Information
 - Your own Health Advantage App
- Emotional Wellbeing – Changing Minds IAPT, free help with depression and anxiety disorder 0300 999 1616. Online also available at www.nhft.nhs.uk
 - Also, MIND – www.northamptonmind.org / 01604 634310
- Paid Physical Wellbeing - Want to exercise at the beginning or end of your shift. We will pay you for the privilege for the first 30 mins exercise.
- Drug and Alcohol Support – support, advise from www.changegrowlive.org / 08081698512
- Annual Staff Survey – anonymously complete giving your thoughts and feelings about your work experience.
- Stopping Smoking – 0300 126 5700
- Weight management & Supporting Independence – www.firstforwellbeing.co.uk. For support with getting weight under control and for support for those over 65 who may struggle to live alone, can be used to get support for family members.
- Youth Works – counselling and online support and can refer, self-refer or refer a family member – 08457 909090
- Social Wellbeing – www.northamptonshire-carers.org. Carers support for the needs of the carers. 01933 677907
- Local Money & Debt Advice – Northamptonshire Adult Social services can be contacted at www3.northamptonshire.gov.uk. Citizens Advice Corby can be emailed at administrator@corby.cabinet.org.uk or called on 01536 265501.

If there is anything you would like support with that we are not listing, or you cannot find please speak to your HOD / HR. We are always open to ways we can do more and better for you and provide you with as much support as we can!