

## **Current Wellbeing Support available to all the team!**

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](http://www.nhft.nhs.uk)
  - Also, MIND – [www.northamptonmind.org](http://www.northamptonmind.org) / 01604 634310
- Paid Physical Wellbeing - Want to exercise at the beginning or end of your shift. We will pay you for privilege for the first 30 mins exercise
- Drug and Alcohol Support – support, advise from [www.changegrowlive.org](http://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](http://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](http://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](http://www3.northamptonshire.gov.uk). Citizens Advice Corby can be emailed at [administrator@corby.cabinet.org.uk](mailto: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.

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