

FREE WELLBEING SUPPORT FROM THE NHS

Hi there!

Just a quick email to let you know about what Wellbeing can do for you and your teams/colleagues during these uncertain times that have been exceptionally pressure filled for essential workers and those working with the public. We understand that this is an anxious time and we've all made changes to our day to day lives to keep ourselves and others physically healthy. There are many uncertainties, and the situation is still changing day by day. It is natural to be feeling unsure, worried about the future, and cut off from others and to be feeling the fatigue of this year.

Wellbeing is an NHS IAPT service provided in partnership by the Norfolk and Suffolk NHS Foundation Trust, Norfolk and Waveney Mind and Relate counselling and offer a range of services to help and support to improve wellbeing and manage stress, low mood and anxiety. We aim to reduce the onset of mental ill health, prevent deterioration and promote recovery by offering a range of flexible services tailored to meet your specific needs. Anyone aged 16+, registered with a GP in Norfolk and Suffolk can access wellbeing services. The best way to arrange an appointment is to self-refer via our [website](#) or by telephone on 0300 123 1503. Once you have successfully referred to the service one of our administrators will be in touch within 3 working days to arrange an initial appointment. If you'd like more information about what happens when referring to Wellbeing, we have a handy [video on our YouTube channel](#).

We have a number of free live online workshops which focus on ways to look after your mental health and wellbeing during the Coronavirus Pandemic. You can find out more about these sessions and book yourself a place [here](#).

And if you're wanting to do more to help those around you in your communities by increasing your knowledge of mental health, consider our free online [Community Champion training](#).

Our website offers a lot of information about looking after your wellbeing. You'll find details of our social support, guidance for self-help with resources that including our free mindful living and meditation course, our blog, podcasts and more.

Even if you're not needing the service right now keep us in mind; regular updates can be found on our [Facebook](#) and [Twitter](#). If you would like to know more, don't hesitate to get in touch.

Best wishes,

Jack Warner (He/Him)
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