

Your **Wellbeing** is important.

Our wellbeing and looking out for one another is more important than ever before.

Please always feel free to speak to colleagues and your line manager keeping wellbeing at the forefront of your discussions and remember, treat yourselves with the same kindness and compassion you show to others every day.

Did you know?

- ✚ There is a **dedicated wellbeing area on our NHS 24 intranet** full of information and resources to help support your wellbeing; including physical, emotional, social and financial wellbeing support.
- ✚ There is a **national online Wellbeing Hub (PROMIS)** which acts as a 'front door' to a wide range of support and wellbeing resources available to health and care staff across Scotland [www.promis.scot](http://www.promis.scot)
- ✚ You can access a **national mental wellbeing support line** provided by NHS 24 available for everyone working in health and social care services. It is a compassionate listening service which you can access whenever you need it – 24 hours a day, 7 days a week, by calling **0800 111 4191**
- ✚ NHS 24 also has arrangements in place regionally with Lothian, Grampian and Glasgow for NHS 24 staff to access their emotional support and resilience helplines

**Glasgow:** For NHS 24 staff based in Glasgow centres plus Ayrshire, D&G & Lanarkshire: Tel: 0141 303 8968 Mon – Fri 9-5

**Lothian:** For Staff based at Norseman House: Tel: 0131 451 7445 Mon – Fri 9-5 or Email: [Here4U@nhslothian.scot.nhs.uk](mailto:Here4U@nhslothian.scot.nhs.uk)

**Grampian:** For NHS 24 staff based in the North centre plus Highland, Orkney, Shetland, Tayside & Western Isles

Information on how to access available here

<https://www.nhsgrampian.org/covid-19/mental-health-and-wellbeing-support/>