



Hampshire and Isle of Wight

Feeling stressed or burnt out?

We can help.



Helping you and your colleagues to stay well – so you can keep on helping others.

The last 18 months have been hard for everyone – especially those working in healthcare. The Hampshire and Isle of Wight (HIOW) Health & Wellbeing programme provides enhanced support to NHS and primary care colleagues across the region to ensure you can stay healthy and well.

The programme brings together the excellent work organisations are already doing to help people with their health and wellbeing.

Where there are gaps in provision, additional resources and support may be provided to ensure everyone – whether they work in an NHS hospital setting, a GP practice, a dental practice, pharmacy or opticians has access to the same level of support.

- Get help for a range of issues such as anxiety, stress, sleep, diet, back or neck pain
- No need to log in to your work's intranet – available on your mobile or desktop
- Easy access to ongoing support with links to national and local services
- Local wellbeing experts on hand to advise through a new helpline

 www.hiowpeople.nhs.uk/ccs/hiow

 @hiownhs

#justforyou

