

# Do you need support with...?

Low Mood  
**Sadness** Healthy Eating  
Feeling lonely and isolated

**Panic** Weight Management  
Low Level Anxiety

**Bereavement**  
Low Self Esteem  
Sleep Hygiene

**Depression**  
Relationship Challenges

**Substance Misuse** Smoking  
Chronic Pain  
**Wellbeing**

Self Help  
**Covid-19 Recovery**  
Goals  
Recovery

**Healthy Lifestyles**  
Support  
Motivate  
Social Health  
Friendly

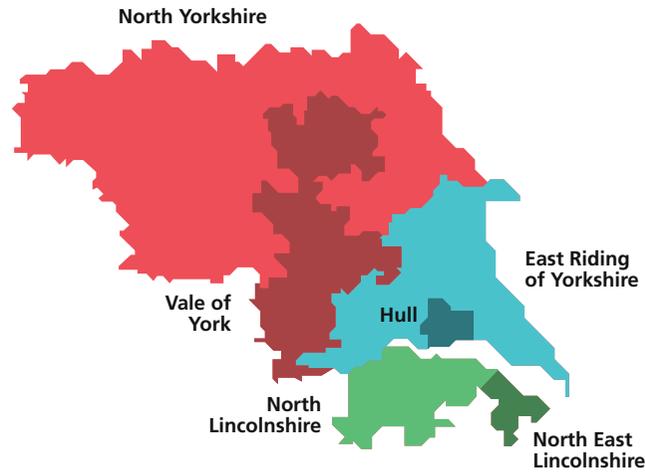
**Physical Health**  
YOURhealth Goals Alcohol

**Mental Health**  
Encourage  
Feel Better

**Quality of Life**  
Coaches  
Physical activity

**Stress**

## Where can I find a Wellbeing Coach?



Get in touch with the Pharmacy Wellbeing Service

☎ 0800 9177752

✉ [HNF-TR.healthtrainers@nhs.net](mailto:HNF-TR.healthtrainers@nhs.net)

🐦 @healthtrainers1

For more information visit:  
[www.nhs-health-trainers.co.uk](http://www.nhs-health-trainers.co.uk)

The service is **FREE** and confidential and you can contact the Pharmacy Wellbeing Service 7 days a week

If your preferred language is not English, or for those who are blind or partially sighted, we can make arrangements to help you with this document.



Working to improve access to wellbeing support for pharmacy staff and their families



**Wellbeing Coaches** provide personal support and motivation to those working within Pharmacies who may be struggling with their wellbeing or have a family member who is via virtual or telephone support.

The role of the **Wellbeing Coach** is a 'New Look' hybrid role that seeks to support you in addressing your physical and mental wellbeing but looking at all factors including social, mental and physical elements that may be playing a part in the way you are feeling. We aim to address the wellbeing needs of those working within pharmacies and their families via virtual or telephone support across the Humber Coast and Vale and North Yorkshire region. Our focus will be on supporting you 1:1 with support, guidance and motivational tools that can help you take the first step to feeling better and more in control.

If you want to become healthier but don't know where to start, a **Wellbeing Coach** will be able to help you work out exactly what you want and how to go about it.

Your **Wellbeing Coach** can support you via virtual or telephone support for up to 8 sessions over a 12 week period. Appointments can last for up to 60 minutes with evening and weekend appointments also available.

The aim of these sessions are to set goals and to provide you with the skills, tools and confidence to enable you to manage and maintain your own wellbeing.

The coaches are friendly, understanding and supportive. They will help and encourage you to achieve and maintain a healthier lifestyle and improve mental health.

Your **Wellbeing Coach** will be able to guide and support you with:

- **Stress or anxiety**
- **Weight management**
- **Healthy eating**
- **Physical activity**
- **Smoking**
- **Alcohol**
- **Substance misuse**
- **Covid-19 Recovery**
- **Chronic pain**
- **Sleep Hygiene**
- **Low level self esteem**
- **Depression/Low mood**
- **Relationship challenges**
- **Bereavement**

Your coach will help you set achievable goals, develop your personal wellbeing plan, identify and overcome barriers and provide ongoing encouragement and support to aid recovery. They know the local area and can put you in touch with local services, community groups, support and self help groups.

You will meet virtually or over the phone with your wellbeing coach weekly or fortnightly for up to 8 sessions if you need to.

**Wellbeing Coaches** are not qualified to give medical advice. If you require a clinical intervention then the team will signpost you into the most appropriate mental health support service for you.

How do I make a virtual appointment with a **Wellbeing Coach**?

You can access support from a Wellbeing Coach through the following options:

☎ **0800 9177752**

✉ **HNF-TR.healthtrainers@nhs.net**

🌐 **www.nhs-health-trainers.co.uk**

