



# Our Wellbeing Map

It's okay to not be 100%. If you are feeling stressed, worried, or struggling you can access any of the support below

## Talk to your manager or team leader

Speaking to your line manager should be your first port of call for support. It's important that they're aware if you are struggling so they can help and support you in accessing any of the services below.

## Access specialist support

- Talking therapies** - You can self refer to City and Hackney Talking Therapies wherever you live [cityandhackneytalkingtherapies.homerton.nhs.uk](https://cityandhackneytalkingtherapies.homerton.nhs.uk)
- Occupational Health** - You can self-refer or your manager can refer you. [intranet.homerton.nhs.uk/occupational-health](https://intranet.homerton.nhs.uk/occupational-health)
- Health Assured** - Our Employee Assistance Programme with personal and professional support and resources. [wisdom.healthassured.org](https://wisdom.healthassured.org) | Organisation code: MHA089267

## Speak to someone outside the organisation

- Urgent help** - for urgent support in a crisis at any time **Call Samaritans on 116 123**
- Frontline19** - free and confidential psychological support for people working on the frontline. [www.frontline19.com](https://www.frontline19.com)
- Bereavement support** - find local support [www.thegoodgrieftrust.org/find-support](https://www.thegoodgrieftrust.org/find-support)

## Self-guided support

- Five ways to wellbeing** - Be Active, Connect, Take Notice, Keep Learning, Help Others. [intranet.homerton.nhs.uk/five-ways-to-wellbeing](https://intranet.homerton.nhs.uk/five-ways-to-wellbeing)
- Health Assured Wisdom App** - Download in your app store. Access code: MHA089267

## Team support

- Team workshops**  
Exploring the behaviours, communications and processes that impact on your wellbeing and experiences at work. Email [huh-tr.wellbeing@nhs.net](mailto:huh-tr.wellbeing@nhs.net)
- Leadership development support**  
Programmes and resources to support leaders [intranet.homerton.nhs.uk/leadership](https://intranet.homerton.nhs.uk/leadership)

## Support from peers or colleagues

- Join one of our staff networks** - Together We Rise, Enable, Homerton Rainbow, and Women's [intranet.homerton.nhs.uk/staff-networks](https://intranet.homerton.nhs.uk/staff-networks)
- Freedom to Speak Up Guardian**  
Raise concerns and get advice in confidence. Email [huh-tr.fts@nhs.net](mailto:huh-tr.fts@nhs.net)
- Spiritual wellbeing support**  
Contact our Chaplaincy team [intranet.homerton.nhs.uk/chaplaincy](https://intranet.homerton.nhs.uk/chaplaincy)

## Financial support

- Financial wellbeing** - resources, tools, and tips [intranet.homerton.nhs.uk/financial-wellbeing](https://intranet.homerton.nhs.uk/financial-wellbeing)

Visit the [staff health and wellbeing intranet page](#) for the latest information and updates