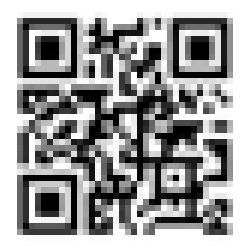


# Humber and North Yorkshire staff wellbeing resources

## HNY Our People App

This is an app for health, care, emergency service, local authority and VCSE staff. The app offers everything you need to take care of your wellbeing in one place. Access a range of self-help tools and podcasts. Join challenges and gain rewards. Build healthy habits, including mindfulness and exercise.



Apple



Android

## Humber and North Yorkshire Resilience Hub

Offers confidential and timely support that can help with a range of issues including emotional wellbeing, bereavement, domestic abuse, stress and relationship issues.

 03300 022 044 (Mon – Fri, 9am – 5pm)

 Visit [www.hnyresiliencehub.nhs.uk](http://www.hnyresiliencehub.nhs.uk)

 Email us at [hny.resiliencehub@nhs.net](mailto:hny.resiliencehub@nhs.net)

## Employee assistance programme (EAP)

EAP is a confidential employee benefit designed to help you deal with personal and professional problems that may be affecting your home life or work life, health, and general wellbeing.

The EAP service provides a complete support network with expert advice and compassionate guidance 24/7, covering a wide range of issues.


 [hny.wellbeing@nhs.net](mailto:hny.wellbeing@nhs.net)

## Health and wellbeing diary

You can view our list of events supporting staff with financial wellbeing, menopause and general health and wellbeing by visiting:

 [www.bookwhen.com/hcv](http://www.bookwhen.com/hcv)

If you cannot attend one of the events but would like the information, you can request a recording by emailing us:

 [hny.wellbeing@nhs.net](mailto:hny.wellbeing@nhs.net)

## Join our Staff Wellbeing Group

If you would like to get involved in helping engage staff with our organisation and boost their mental wellbeing, you can get involved in our monthly Humber and North Yorkshire Staff Wellbeing Group by emailing [alex.flowers@nhs.net](mailto:alex.flowers@nhs.net). If you are interested in becoming a wellbeing champion for the ICB please email [emma.marshall51@nhs.net](mailto:emma.marshall51@nhs.net).

You can also access a range of mental health and wellbeing and guidance on the Lets Get Better website [www.letsgetbetter.co.uk/mental-health-and-wellbeing](http://www.letsgetbetter.co.uk/mental-health-and-wellbeing).

