

Supporting Our People

Helping you manage your own health and wellbeing while looking after others

National Health & Wellbeing Support on a Page

January 2021

NHS England and NHS Improvement



Supporting Our People

From staff member
feeling distressed

Helping you manage your own health and wellbeing while looking after others

To needing specialist
mental health intervention



NHS People website: england.nhs.uk/people

Local, System and Regional support