

Top Tips for looking after you and your Team's wellbeing

- Shiny mind app – [FREE](#) for everyone in Primary Care across Herefordshire and Worcestershire. To register for the app complete the quick & [easy registration form](#)
- Mentoring- FREE for all Primary Care Clinicians & Practice Managers across Herefordshire & Worcestershire. Watch our short [video](#) from Mentor Dr Houlston, meet some of our Mentors on our dedicated Teamnet [page](#) and request a mentor [here](#).
- Looking after you too & your Team- FREE coaching for ALL staff including all administration and clinical staff. To find out more & book your place [visit here](#)
- Wellbeing conversations- to find out more watch this [video](#), and access FREE training and resources [here](#)
- For our Ethnically Diverse staff we have two GP support leads and a supportive network of staff who discuss key issues affecting staff working across Herefordshire & Worcestershire to join out network and find out about more meetings email us hw.workforce@nhs.net
- The LMC provide a range of pastoral support which can be accessed via: <https://www.worcslmc.co.uk/links>
- Practitioner Health is available for all GPs and can be accessed [here](#)
- There is a Staff Mental Health and Wellbeing Hub provided FREE by Herefordshire & Worcestershire Health and Care Trust, for more information on how to access visit [here](#)
- We have a number of trained Facilitators who are happy to run Balint-style groups or 'Air & Share' sessions for all staff groups. To request a FREE facilitated session, please email us hw.workforce@nhs.net
- FREE training for Frontline staff on Dealing with Difficult People. All training sessions available to book via this [flyer](#) (additional dates will also be made available via this link)



Herefordshire and Worcestershire Primary Care are part of a national wellbeing pilot. We have a number of FREE initiatives in development and further information will be issued soon.

We have a range of support available for all staff groups to support with recruitment and retention, and will be sharing this in a future 'Top Tips'