

# Is your **health** **making it hard** **for you to work?**

Sometimes health problems make it hard to stay in work – or get back to work. If you're finding it a struggle, an NHS WorkWell coach can help.

## WorkWell can help

WorkWell Sunderland is a free NHS service.

A WorkWell coach can listen to your needs, make a plan and put you in touch with services to help. You don't need to manage alone.



## Support for you

We can help you with things like:

- ✓ Getting fitter and healthier
- ✓ Talking with your employer
- ✓ Mental health or pain
- ✓ Alcohol or drug problems
- ✓ Money, benefits or housing
- ✓ Counselling

## Who's the service for?

Our service is for adults in Sunderland who:

- ✓ Are struggling to stay in work because of health problems
- ✓ Are not working because of health problems
- ✓ Have had a fit note in the last six months
- ✓ Live in the area and have the right to work in the UK

If you feel you may benefit from this service but the above doesn't apply to you; please do still get in touch or speak to your GP.

### Find out how WorkWell could help you

You can find out more at [www.northeastnorthcumbria.nhs.uk/workwell-sland](http://www.northeastnorthcumbria.nhs.uk/workwell-sland) or scan the QR code for more information.



### Helping you stay well, and stay in work...



WorkWell Sunderland is commissioned by NHS North East and North Cumbria Integrated Care Board and delivered by Sunderland GP Alliance.

