

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

We would like to invite you to meet a WorkWell coach. If your health is making it hard to work - or return to work - they can help.

## Listening to you

WorkWell South Tyneside is a free NHS service. Your coach will listen to your needs and support you.

They will:

- Work with you to create a plan
- Keep in touch and help you stay on track
- Put you in touch with services that can help
- Meet with you locally, online or by phone

**You don't need to manage alone.**

## Support for you

We can help you with things like:

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



## Who's this service for?

Our service is for adults in South Tyneside 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.

## What happens next?

Your WorkWell coach will be in touch with you within five days.

Visit [www.northeastnorthcumbria.nhs.uk/workwell-ST](http://www.northeastnorthcumbria.nhs.uk/workwell-ST) or scan the QR code for more information.

If you have any questions, email [fcc.abu@nhs.net](mailto:fcc.abu@nhs.net), call 0191 432 9838 or contact the person who referred you.



WorkWell South Tyneside is commissioned by NHS North East and North Cumbria Integrated Care Board and delivered by First Contact Clinical.



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ENABLING HEALTHY CHANGE