

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 Sunderland 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 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.

What happens next?

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

Visit www.northeastnorthcumbria.nhs.uk/workwell-sland or scan the QR code for more information.

If you have any questions, call **07307 182 057** or contact the person who referred you.



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

