

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 or scan the QR code for more details.

If you have any questions, email fcc.abu@nhs.net, call 0191 432 9838 or contact the person who referred you.

