

Wellbeing Support

For ULHT colleagues



United Lincolnshire
Hospitals
NHS Trust

Wellbeing Contacts



Email the wellbeing team at
StaffWellbeing@ULH.nhs.uk



Call or text on Whatsapp on
07789543535



Reach out on social media
[@ULHTWellbeing](https://www.facebook.com/ULHTWellbeing)



www.ulh.nhs.uk/covid-19-latest-staff-updates-and-faqs/



ulhintranet/wellbeing-at-ulht



Call the Staff Wellbeing Hub for Lincolnshire
01522 518609 | Mon - Fri 9am - 5pm
lpn-rt.staffwell-being@nhs.net



Text FRONTLINE to 85258 for support 24/7

Click here when at home

Click here when at work

What can we help with?

- ✓ Non judgmental friendly ear when you need to download
- ✓ Confidential sounding board
- ✓ Questions about HR issues
- ✓ Guidance around development and training options
- ✓ Reassurance about changes and developments
- ✓ Support to additional services like talking therapies
- ✓ Signposting to other colleagues i.e. Freedom to Speak up Guardian

**It's OK
NOT to
be OK**



The small things

Don't be afraid to ask for help. Reach out, there is always someone who will listen.

Are you ok?

Don't be afraid to ask that question and don't be afraid to answer it either.

Thank You

A simple Thank You goes a long way. A socially distanced 'high five' or simply saying thank you has the power to bring a little bit of light to your day.

Want more information?

For the full Lincolnshire healthcare system wellbeing offer, scan this QR code.



OUTSTANDING CARE
personally DELIVERED

Whatever the need, please reach out and ask for support.

We are here. We are listening. We care.