

# Your health and wellbeing matters

West Yorkshire and Harrogate  
Health and Care Partnership



Our [workforce health and wellbeing](#) web resource has information, tips and guidance to help you support yourself, your team and others. Here are some of our key offers:

## Helpline support



- The **Emotional Support and Signposting Helpline** for all health and care staff offers FREE signposting and a supportive, listening ear from 7am to 11pm – seven days a week.  
Call: 0300 131 700 or text FRONTLINE to: 85258
- **Bereavement and loss support** call: 0300 303 4434
- **Domestic abuse helplines:**  
0808 2000 247 (women only) or: 0808 8010 327 (men only)

## Personal wellbeing



- The **Beyond Coaching Toolkit** is available to all until September 2020. It has eight free tools to help you reduce stress, achieve clarity and build resilience. Search 'beyond-coaching' or go to: <https://beyond-coaching.co.uk/free-resilience-toolkit>

## Social care



- The **Care Workforce app** is a single digital hub for social care workers to access relevant updates, guidance, support and discounts. Search 'Care Workforce app' or go to: <https://www.nhsemployers.org/news/2020/05/new-care-workforce-app-now-launched>

## Staff discounts



- **Blue Light Card Discounts** provides discounts online, and on the high street, for the emergency services, NHS, social care sector and armed forces. Search 'blue light card' or go to: <https://www.bluelightcard.co.uk/>

