

## **WELLBEING CONVERSATIONS**

Wellbeing conversations between staff and managers support staff by addressing challenges and promoting mental and physical health for a better work environment.

## **24/7 EAP SERVICE**

Help is ELFT's EAP service, offering round-the-clock support from counselors and advisors for issues like marital, family, home, legal, and financial concerns. Visit the website and discover additional resources for your overall health and wellbeing

## **EXTERNAL WELLBEING SUPPORT**

NHS England provides a range of free resources for NHS staff, including financial, emotional, mental, and physical support. Explore these resources on their website.

# WELLBEING WEEK

**WORLD WELLBEING WEEK (24 JUNE-30 JUNE) CELEBRATES VARIOUS ASPECTS OF WELLBEING, CRUCIAL TO OUR LIVES AND LIVELIHOODS.**

**HERE ARE SOME WAYS TO FOCUS ON YOUR WELLBEING NOW AND IN THE FUTURE**

## **COST OF LIVING AND FINANCIAL SUPPORT**

Visit ELFT's Cost of Living Page, updated with information, advice and resources to help you weather the cost of living crisis. You can also visit ELFT's Financial Support Page for more assistance.

## **PHYSICAL WELLBEING AT EFLT**

ELFT offers year round physical wellbeing programs, including our cycle to work scheme, pilates, free health check days, and more. Remember to check the Wellbeing page for updates.

## **TALKING THERAPIES**

ELFT Talking Therapies offer free, confidential support to address personal issues. The service includes face-to-face therapy, workshops, and online programs. Available in Bedford, Newham and Tower Hamlets

## **NEED MORE INFORMATION?**

Contact the Wellbeing and Engagement Team: [elft.employee.engage@nhs.net](mailto:elft.employee.engage@nhs.net)