## Case study: NWL Keeping Well service

NWL Keeping well service can be accessed via:

- Social media (Twitter, Facebook, Instagram)
- · Primary care networks
- Occupational Health and Employee assistance programmes
- Focussed engagement with social care sector



## **KeepingWell**

## Creater Manchester Resilience Hub is also providing support to all health and care workers (and their families), working in Greater Manchester, who have been affected by the coronavirus (COVID-19) panels. The conservis has created obtaining and uncertain time, as we've been asked to change our residies and how working in Greater Manchester, who have been affected by the coronavirus (COVID-19) panels. The conservis has created obtaining and uncertain time, as we've been asked to change or residies and how set after or arrival to the coronavirus (COVID-19) panels. The array of you, from the families of the coronavirus (COVID-19) panels. The some conservis has created obtaining and uncertain time, as we've been asked to change or residies and how set due are of cursely. The some conservis has created obtaining only only the coronavirus (COVID-19) panels. The some provided of the coronavirus of the coronavirus (COVID-19) panels. The some provided of the coronavirus of the coronavirus (COVID-19) panels. The some provided of the coronavirus of the coronavirus (COVID-19) panels. The some provided of the coronavirus of the coronavirus (COVID-19) panels. The some provided of the coronavirus of the coronavirus (COVID-19) panels. The some panels are coronavirus of the coronavirus (COVID-19) panels. The some panels are coronavirus of the coronavirus (COVID-19) panels. The some panels are coronavirus of the coronavirus (COVID-19) panels. The some panels are coronavirus of the coronavirus (COVID-19) panels. The some panels are coronavirus of the coronavirus (COVID-19) panels. The some panels are coronavirus (COVID-19) panels are coronavirus (COVID-19) panels. The some panels are coronavirus (COVID-19) panels are coronavirus (COVID-19) panels. The some panels are coronavirus (COVID-19) panels are coronavirus (COVID-19) panels. The some panels are coronavirus (COVID-19) panels are coronavirus (COVID-19) panels are coronavirus (COVID-19) panels. The some panels are coronavirus (COVID-19) panels are coronavir

## Individual referral into the Hub

Messaging: The Hub is staffed by experienced mental health clinicians who aim to get people the right support at the right time. They can offer a range of individual support including:

- Advice and support
- Individual wellbeing plans
- Support to access workplace, local or national offers
- Facilitated access to psychological therapy, or more specialist mental health support
- Provision of useful services or helpful resources
- · Ongoing monitoring

This help can be accessed through telephoning the Hub on 0333 009 5071 or via email on gm.help@nhs.net. However, to help inform those conversations, completing the wellbeing questionnaires in advance will help the team prioritise and respond to individuals. This can be accessed at: www.penninecare.nhs.uk/c19screening

Line managers can also refer staff in via telephone or email or by completing the referral form on our website, with the staff members consent, www.penninecare.nhs.uk/mcrhub-covid19. This is found in the Managers & Leaders drop down tab.