

Case study: NWL Keeping Well service

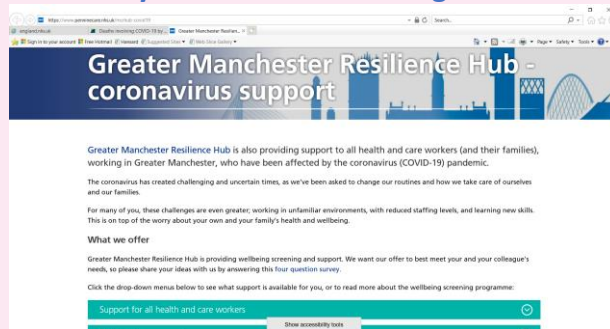
NWL Keeping well service can be accessed via:

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

[KeepingWell](#)



Case study: Manchester Working Well



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.