

Free, rapid access to confidential support

Thousands of your colleagues across primary care have benefitted from sessions with an experienced coach at a time that suits them. And so could you.

“Really useful to be able to air concerns openly with someone who is completely impartial and the calls allow you the space to reflect and consider actions - would definitely recommend.”

Looking after
YOU TOO



Your coach can support you to develop practical strategies to cope with workload pressures and stress. NHS staff from ethnic minority backgrounds can also speak to coaches with similar life experiences about whatever is on your mind.

Looking after
YOUR CAREER



Looking after
YOUR TEAM

This service can help you to think about your career decisions and how to get the most fulfilment out of your career.

This service is for leaders and managers, to support you as you lead your team through change, improve working relationships and healthy team working.

www.england.nhs.uk/lookingafteryou



Email our team at england.lookingafteryou@nhs.net if you have any questions and we'd be happy to help answer them.