

RE: Wellbeing support

Your GP surgery is working alongside the NHS Wellbeing Service to support your mental wellbeing, and we'd like to tell you a bit more about how we can help. It's completely normal to feel anxious, stressed or low, especially in these times, and there are many ways that we can support you through this to help you feel more like yourself again.

The NHS Wellbeing Service offers a wide range of webinars and talking therapies, including counselling and cognitive behavioural therapy. This can be tailored according to your age and your needs and provided virtually or face to face. Alongside this Wellbeing also offer social support within your community including peer support with trained volunteers, employment advice and social events which can help with loneliness and isolation.

So that you can learn more about the support available to you, please visit our website www.wellbeingands.co.uk/norfolk/ or call **0300 123 1503**

We understand that everyone's circumstances are unique and that you may have questions or feel worried. To help you with this, we have set up a simple questionnaire that allows you to raise any queries you may have and offers practical help and support, including the option to speak to someone.

You can access the questionnaire online at www.nhspatient.org You can log in by adding your date of birth and your NHS number, which is listed below. The questionnaire can be completed in a few minutes.

Your NHS number is: <<NHS number>>

If you do not have access to a computer, or need support in completing the questionnaire, our support team is on hand to help. Please leave a voice message, with your name and telephone number on 01603 257010 and we will then get back to you as soon as possible.

This number can also be used to leave a message if you have specific communication needs: we want the information to be accessible to everyone. We have also enclosed an 'easy read' version of this letter. Please do get in touch if you are unsure about anything.

If you do not complete the questionnaire, a member of our Virtual Support Team will be in touch to provide you with any assistance that you may require.

Kind regards,

Nesta Reeve - Consultant Clinical Psychologist/Clinical Lead for Norfolk and Suffolk Wellbeing Services

Dr Ardyn Ross - Mental Health Clinical Lead, NHS Norfolk and Waveney Clinical Commissioning Group

wellbeing

Helping you live your life

*Reach
Out.*

Throughout the last year, lots of us have experienced mental health difficulties, or have seen someone struggle.

Here at the **Wellbeing Service in Norfolk and Waveney**, we want everyone to know that they can reach out to us if they need support, or someone to just talk to.

Our services include **one-to-one support**, easy to access **webinars**, regular **social events** and more.

No one should have to feel alone. Contact us today.

www.wellbeingands.co.uk



Wellbeing Service Letter

Why are you receiving this letter?



Your **GP (doctor)** is working with the local NHS Wellbeing Service to support your **mental wellbeing**



It is **normal** to feel **worried, stressed or low** especially during Coronavirus (COVID)



The NHS Wellbeing Service can **help you** feel more like yourself again



The NHS Wellbeing Service can **help you** in lots of **different ways**, like **learning** new things online or **talking** to people



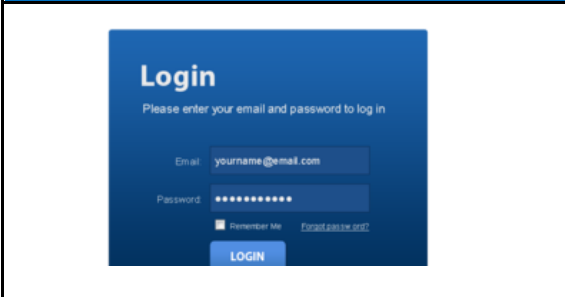
We also offer **social events** and **employment advice**.



You can **learn more** about our service on the **website**:

www.wellbeingnands.co.uk/norfolk/

Do you want to ask questions?



Please **log on** to this website:

www.nhspatient.org



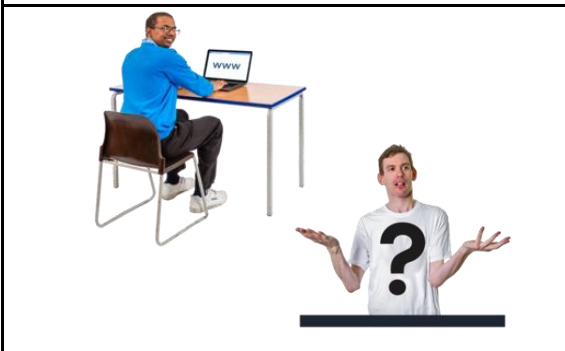
To open the form you will need to put in:

- your **NHS number**
- your **date of birth**

You can **find your NHS number** in the **letter** we have sent you with this leaflet



After you have put in your NHS number and your date of birth, **click the button** that says '**Go to My Homepage**'



This will take you to an **online form**.

You can **ask questions** or **get help**.

You can ask to **speak to someone**.



It will only take you about **5 minutes** to fill in the form



If you **cannot** fill in the form yourself, **ask a family member or friend** if they can **help you**

Here's what you should do if you can't fill in the form online



Please phone: **01603 257010**

Leave a **message** on our answerphone telling us:

- your **name**
- your **phone number**
- your **NHS number**



A member of our NHS team **will call you back** and help you



Please **only call** the number above if you **need help** to fill in the form

We **will not** be able answer any other questions on this number



This letter was sent from **Nesta Reeve**
and **Dr Ardyn Ross**

We work for the **NHS** in Norfolk and
Waveney helping people with their
mental health