

Do you need support with...?

Low Mood

Sadness

Employment

Feeling lonely and isolated

Low Level Stress
Panic

Low Level Anxiety

Bereavement

Low Self Esteem
Depression

Sleep Hygiene

Relationship Challenges

Substance Misuse

NHS

Chronic Pain
Wellbeing

Self Help
Covid-19 Recovery

Healthy Lifestyles

Goals

Support
Motivate

Recovery

Physical Health

Social Health

YOURhealth

Coaches

Friendly

Goals
Community

Mental Health

Encourage
Feel Better

Quality of Life

Where can I find a Mental Health Wellbeing Coach?



Working across the Hull & East Riding Primary Care Network

Get in touch with Mental Health Wellbeing Coaches

0800 9177752

Hnf-tr.mhwreferral@nhs.net

@healthtrainers1

For more information visit:

www.nhs-health-trainers.co.uk

The service is FREE and confidential.

You can contact **Mental Health Wellbeing Coaches** Monday to Friday, 8am – 8pm

If your preferred language is not English, or for those who are blind or partially sighted, we can make arrangements to help you with this document.

Feeling lonely and isolated

Panic

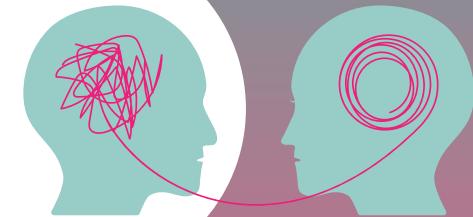
Sleep Hygiene

Bereavement

Coaches

YOURhealth

Community



Quality of Life

Covid-19 Recovery

Chronic Pain Motivate

Depression

Support

Mental Health Wellbeing Coaches

Mental Health Wellbeing Coaches provide personal support and motivation to adults who may be struggling with their emotional wellbeing.

The role of the **Mental Health Wellbeing Coach** is a 'New Look' hybrid role that seeks to support you in addressing your mental wellbeing but looking at all factors including social, mental and physical elements that may be playing a part in the way you are feeling. We aim to address and focus on the mental health and wellbeing needs of patients accessing primary care with a focus on supporting you in a 1:1 environment with support, guidance and tools that can help you take the first step to feeling better and more in control.

If you want to become healthier but don't know where to start, a **Mental Health Wellbeing Coach** will be able to help you work out exactly what you want and how to go about it.

Your **Mental Health Wellbeing Coach** can support you for up to 8 sessions over a 12 week period, for a maximum of 60 minutes per appointment.

The aim of these sessions are to set goals and to provide you with the skills, tools and confidence to enable you to manage and maintain your own wellbeing.

The coaches are friendly, understanding and supportive. They will help and encourage you to achieve and maintain a healthier lifestyle.

Your **Mental Health Wellbeing Coach** will be able to guide and support you with:

- Low level Stress
- Feeling lonely and isolated
- Panic
- Sadness
- Bereavement/Loss and Grief
- Low level Anxiety
- Low self esteem
- Depression/Low Mood
- Sleep Hygiene
- Employment
- Relationship Challenges
- Substance misuse
- Covid-19 Recovery
- Chronic Pain

Your coach will help you set achievable goals, develop your personal wellbeing plan, identify and overcome barriers and provide ongoing encouragement and support to aid recovery. They know the local area and can put you in touch with local services, community groups, support and self help groups.

You can meet with your coach weekly or fortnightly for up to eight sessions if you need to.

They also provide telephone support if you find it difficult to get out.

Mental Health Wellbeing Coaches are not qualified to give medical advice. If you require a clinical intervention then the team will signpost you into the most appropriate mental health support service for you.

This role forms part of the Primary Care Mental Health Network

How do I make an appointment with a **Mental Health Wellbeing Coach**?

You can directly access support from a **Mental Health Wellbeing Coach** through your GP practice or by calling **0800 9177752**.

Please complete the slip below and post it to our central office located at:

Healthtrainers, Humber Teaching NHS Foundation Trust, 19 Quay Road, Bridlington, East Yorkshire YO15 2AB

You will be contacted by a **Mental Health Wellbeing Coach** to arrange your initial meeting.

You and your **Mental Health Wellbeing Coach** will have a one-to-one confidential meeting to agree healthy changes to your wellbeing.



NAME

ADDRESS

D.O.B.

TEL NO.

NHS NO.

How can we support you?