

Staff Wellbeing

Working within a Primary Care Network, you probably spend a lot of time caring for others.

If you feel you need some help and support for yourself, we are here for you. It doesn't matter what role you work in or if you're registered as a patient within the Derbyshire Dales PCN or South Dales PCN.

From January 2024, you can self-refer to the Staff Wellbeing pathway, delivered by the Social Prescribing team.

This is totally confidential and focuses on **what's important to you**. We link into support and services that can help with:

- Cost of living concerns, budgeting, benefits, or housing
- Reducing stress and increasing motivation and resilience
- Getting more active or socially connected
- Accessing the help you need, for example if you are an unpaid carer or have a long-term health condition
- Addressing workplace concerns

Self-refer by scanning the QR code with your phone camera

Or visit: <https://tinyurl.com/3fytpya6>

Email **ddcvs.referrals@nhs.net** for more information.

