

Helping you **stay well,** and **stay in work...**

If your health is making it hard to work – or return to work –
a WorkWell coach can help.

Listening to you

WorkWell Sunderland is a free NHS service. Your coach will listen to your needs and support you.

They will:

- Work with you to create a plan
- Keep in touch and help you stay on track
- Put you in touch with services that can help
- Meet with you locally, online or by phone

You don't need to manage alone.

Support for you

We can help you with things like:

- Getting fitter and healthier
- Mental health or pain
- Money, benefits or housing
- Talking with your employer
- Alcohol or drug problems
- Counselling

Who's this service for?

Our service is for adults in Sunderland who:

- Are struggling to stay in work because of health problems
- Are not working because of health problems
- Have had a fit note in the last six months
- Live in the area and have the right to work in the UK

If you feel you may benefit from this service but the above doesn't apply to you, please do still get in touch or speak to your GP.



What happens next?

You can refer yourself to a WorkWell coach by scanning the QR code.
You can also be referred by someone else, like a GP.

Your WorkWell coach will be in touch with you within five days.

If you have any questions, call **07307 182 057** or contact the person who referred you.



Visit www.northeastnorthcumbria.nhs.uk/workwell-sland for more information.