

Is your **health** **making it hard** **for you to work?**

Sometimes health problems make it hard to stay in work – or get back to work. If you're finding it a struggle, an NHS WorkWell coach can help.

WorkWell can help

WorkWell Gateshead is a free NHS service.

A WorkWell coach can listen to your needs, make a plan and put you in touch with services to help. **You don't need to manage alone.**



Support for you

We can help you with things like:

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

Who is the service for?

Our service is for Gateshead residents aged 18+ who have the right to work in the UK and, because of a health condition, are either:

- ✓ Finding it hard to stay in work
- ✓ Have been out of work for less than 6 months

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.

Find out how WorkWell could help you

Scan the QR code for more information, or visit:

www.northeastnorthcumbria.nhs.uk/workwell-gateshead



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



WorkWell Gateshead is commissioned by NHS North East and North Cumbria Integrated Care Board, coordinated by Connected Voice and delivered by Gateshead Council.

**Connected
Voice** Connecting People
Supporting Action

 **Gateshead
Council**