

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 Gateshead 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 is this 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.



What happens next?

You can be referred by your GP or you can contact the service yourself. To self-refer and find out more, scan the QR code or visit:
www.northeastnorthcumbria.nhs.uk/workwell-gateshead

If you have any questions email
workinggateshead@gateshead.gov.uk.

