

## Free, rapid access to confidential support

Thousands of your colleagues across primary care have benefitted from sessions with an experienced coach at a time that suits them. And so could you.

“ Really useful to be able to air concerns openly with someone who is completely impartial and the calls allow you the space to reflect and consider actions - would definitely recommend. ”

Looking after  
**YOU TOO**



Your coach can support you to develop practical strategies to cope with workload pressures and stress. You can choose to speak about whatever is important to you - the service is designed to be bespoke to your individual needs.

Looking after  
**YOUR CAREER**



Looking after  
**YOUR TEAM**

This service can help you to think about your career decisions and how to get the most fulfilment out of your career.

This service is for leaders and managers, to support you as you lead your team through change, improve working relationships and healthy team working.

[www.england.nhs.uk/lookingafteryou](http://www.england.nhs.uk/lookingafteryou)



Email our team at [england.lookingafteryou@nhs.net](mailto:england.lookingafteryou@nhs.net) if you have any questions and we'd be happy to help answer them.