

Staff Wellbeing and Support
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People Team

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Immersive reader

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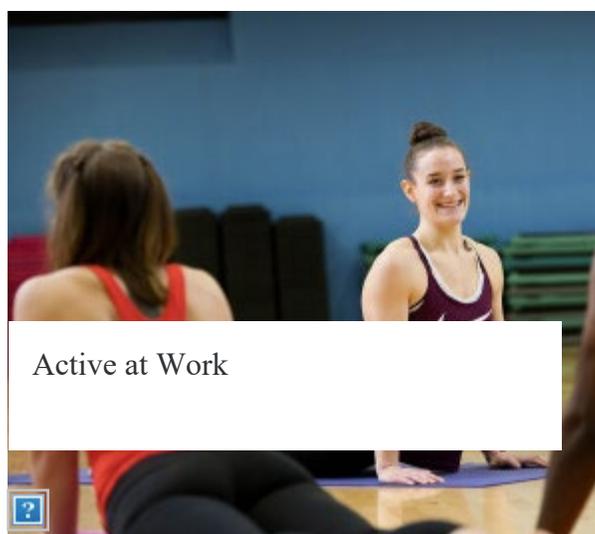
Staff Wellbeing and Support
Currently not following the site, click to follow
Active at Work
Long Covid Support



My Health

Looking after yourself...

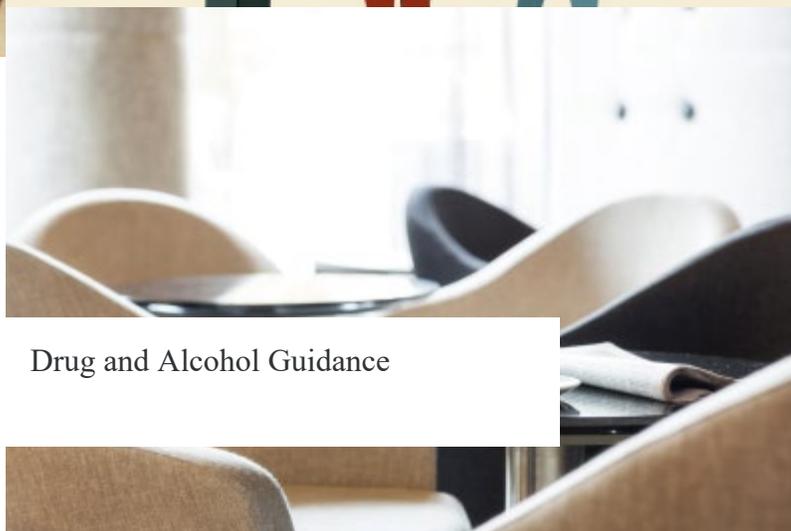
This page is for finding health services provided by UCLan, and links to online resources which you may find beneficial and informative regarding your health.



Active at Work



Colleague-Debrief Document

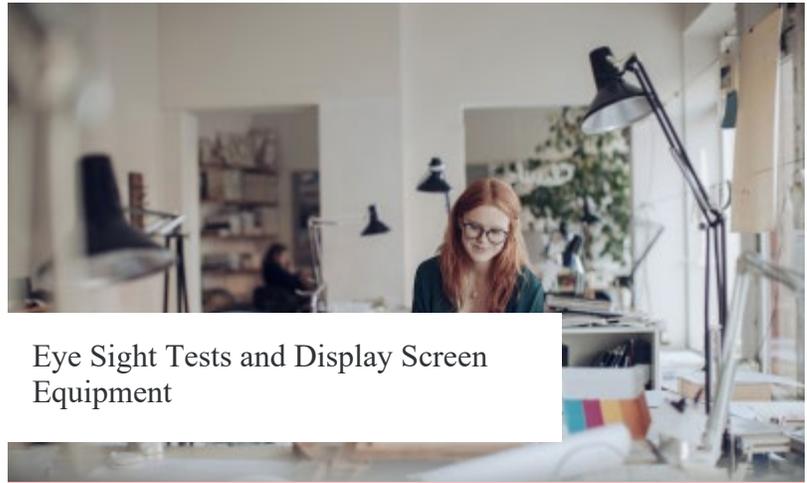


Domestic Abuse

Drug and Alcohol Guidance



Education Support

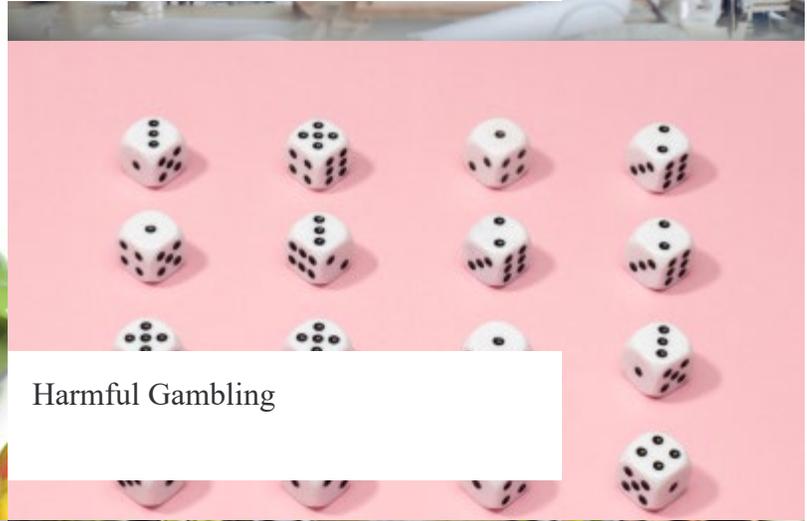


Eye Sight Tests and Display Screen Equipment

Financial Wellbeing



Harmful Gambling



Long Covid Support



Managing Stress



Maximus - The Access to Work
Mental Health Support Service

Mental health e-learning - Business
Disability Forum



Men's Mental Health Support



Mental Health Champions



Mental Health First Aiders

Mental Health Toolkit - Business Disability Forum

Menopause

Neurodiversity in the workplace

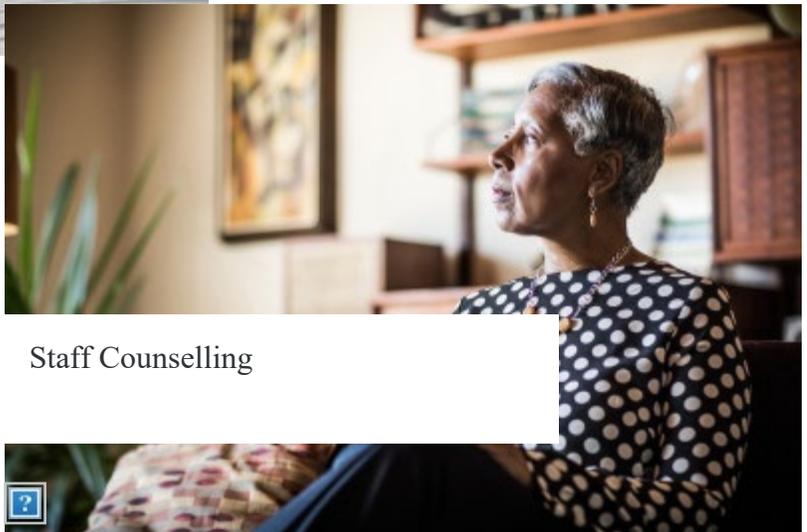


Occupational Health and Health Surveillance

Oasis Faith and Spirituality Centre



Remote working - Top Tips and Development



Staff Counselling



Suicide Awareness

The Wellbeing Physiotherapy Clinic In Preston - UCLan



Togetherall (formerly Big White Wall)

External Resources

- [Bupa - Looking After Your Heart](#)
- [Lancashire Care NHS Foundation Trust](#)
- [Lancashire Care NHS - Mental Health Helpline Page](#)
- [Mind - How to Manage Stress](#)
- [NHS Choices - A Balanced Diet](#)
- [NHS Choices - Drinking and Alcohol](#)
- [NHS Choices - Living with Insomnia](#)
- [NHS Choices - Stop Smoking](#)
- [NHS Stress, Anxiety and Depression Page](#)
- [NHS Wellbeing Self-Assessment Tool](#)
- [NHS Choices - Menopause](#)
- [Personnel Today - Menopause at Work Article](#)

- [The Menopause Exchange](#)
- [Preston Domestic Violence Service](#)
- [Henpicked - Online Community for Women over 40 - Menopause and more](#)
- [NHS - Every Mind Matters](#)
- [Coronavirus Support \(EducationSupport.org\)](#)
- [Public Health England COVID-19 Information](#)
- [BBC/World Health Organisation - Mental Health Information and advice](#)
- [Mind - Suicidal Feelings - Mental Health Wellbeing](#)
- [Mind - Supporting someone who feels suicidal](#)
- [STAY ALIVE - Suicide Prevention App](#)
- [Campaign Against Living Miserably \(CALM\) - Suicide prevention campaign for men](#)
- [Lancashire County Council - Your Health and Wellbeing - Offers advice around mental health](#)
- [The Haven - Offers a calm environment for anyone seeking emotional support and advice](#)
- [Food Bank - The Salvation Army](#)
- [Women's Aid - A national charity offering support for victims/survivors of domestic abuse](#)