

A white speech bubble with a blue outline and a tail pointing towards the top left.

IT'S ALL
ABOUT

A teal speech bubble with a white outline and a tail pointing towards the top left.

YOU

A large, thick blue speech bubble with a white outline and a tail pointing towards the bottom right. It contains the text 'SUPPORT FOR YOUR HEALTH AND WELLBEING' in green and blue.

SUPPORT
FOR YOUR
HEALTH AND
WELLBEING

building a caring future

Support available for you

It's important, now more than ever, that you look after yourself and stay as healthy as possible.

Our team of health coaches can support you with your health and wellbeing.

If you would like a confidential chat with one of our team please call us on **0191 293 2539**.

Tick any of the options below that you would like to find out more about in your call

- | | |
|--|---|
| <input type="checkbox"/> Healthy eating / weight | <input type="checkbox"/> Feeling down, stressed or lonely |
| <input type="checkbox"/> Sexual health / relationships | <input type="checkbox"/> Alcohol |
| <input type="checkbox"/> Keeping active | <input type="checkbox"/> Smoking / e-cigarettes |
| <input type="checkbox"/> Sleep | <input type="checkbox"/> Other |

For more information please visit **www.northumbria.nhs.uk/health-coaches** or email **healthcoach@northumbria.nhs.uk**

Alternative Formats: If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **0344 811 8118**.

Other sources of information: NHS 111

NHS Choices www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence) www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**, Text: **07815 500015**

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **0344 811 8111** www.northumbria.nhs.uk