

Lydia Clark

Pharmacy Wellbeing Blog (WELLBEING)

Hello Pharmacy Staff! I'm Lydia your mental health and wellbeing coach for the Pharmacy Wellbeing Service.

This week we are focusing on you and your wellbeing. As we know it's going to be a busy few months with coming up to winter and starting our flu jabs, we want to make sure you as pharmacy staff are feeling ok during this time. The Pharmacy Wellbeing Service is here to support YOU with your wellbeing, whether that's mental and emotional wellbeing or physical wellbeing such as weight management or physical activity support, the service is here to help you. And don't forget, we can even help your family members with any of these concerns if they feel they would benefit from the service too.

The service can offer you up to 12 weeks of support with 8 appointments for FREE! We go through a recovery star plan where we can access different areas of your life and make a specific recovery plan for your individual needs!

Not only that, if you don't feel as though the recovery star is right for you that's fine, we are here to help you find the right support which might be more appropriate for you to give you the best support.

Just to take the pressure off even more, the service can also support pharmacies with healthy living campaigns! A great example of this is Stoptober which we are getting involved with this October. So, if this sounds like something you think would help you and your pharmacies, give us a call and we can arrange a stall in your pharmacy.

To contact the service give us a call on 0800 9177752 and ask for the Pharmacy Wellbeing Service!

Thank you, pharmacies,

Lydia
Mental Health and Wellbeing Coach
Pharmacy Wellbeing Service