

Staff Wellbeing App

The new staff Wellbeing app provides information and signposting to support services for NHS Ayrshire & Arran's health and social care staff related to your wellbeing, such as:

- **Staff Support:** Information and contact details for our support services, including staff care, psychology, peer support/medical peer support, occupational health and the Better Health Hub.
- **Healthy Mind:** Which covers information on mental wellbeing and health, including self-help strategies.



- **Healthy Living:** Resources and links that can help with your topics such as physical activity, sleep, healthy eating and quitting smoking.
- **Health Matters** will periodically shine a spotlight on a different health topic.
- **Financial Matters** has useful information on financial inclusion topics such as money matters, travel discounts and links to the Cost of Living Portal.

We also have sections for useful apps and links, as well as a space to offer feedback for our services and the app.



**Search your App store
for NHS Ayrshire &
Arran, download and
install the app, and then
select Staff Wellbeing.**



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