

# Well-being Resources

1. **Coaching and mentoring:** Apply through contact form:

<https://www.surreytraininghub.co.uk/contact-us>

2. **RCGP GP Mentoring:**

<https://www.rcgp.org.uk/your-career/gp-mentoring>

3. **Looking after you too:** NHS England have a wealth of resources for NHS staff including coaching, financial support, accommodation, workshops on leadership or line management:

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now>

4. **Nature Well Course:** A free resource commissioned by the Training Hub to support clinicians and practices through connecting them to Nature. Email: [Jane.Soothill@surreycc.gov.uk](mailto:Jane.Soothill@surreycc.gov.uk) for more information, and for access to RSPB Farnham bird box camera.

[Surrey Training Hub Nature Well Course](#)

5. **Bitesize learning:**

[NHS Leadership Academy Learning](#)

6. **Mobile Apps:**

[NHS England Well-being Mobile Apps](#)

7. **Binscombe Well-being Support:** Useful local resources for staff and patients

<https://www.binscombe.net/wellbeing-support>

8. **Here For You (SABP provider):** Virtual online workshops on a variety of topics: menopause, sleep, burn out:

[Here For You Surrey Workshops](#)

**9. Frontline 19:** Free psychological support for NHS staff:

<https://www.frontline19.com/services-for-covid-19-workers/>

**10. Practitioner Health Programme:**

<https://www.practitionerhealth.nhs.uk/national-services>

**11. Cameron Fund:** Charity specific for GPs

<https://www.cameronfund.org.uk/>

**12. 5 Ways to Well-being at Work:**

[5 Ways to Well-being at Work](#)

**13. 30-3-30:** Micro-moments for mindfulness

<https://wellbeingandcoping.net/#/id/30-3-30>

<https://nhsfreeyourmind.co.uk/get-your-mind-and-body-healthy/>

**14. 15seconds 30minutes:**

<http://15s30m.co.uk/>

**15. TechTimeOut Tuesday:**

<https://www.techtimeout.co.uk/>

**16. Social Media Advice:**

[Social Media Mindful Scrolling](#)

**17. Link to this resource:**

[Well-being Resources Summary](#)