Kent & Medway PRIMARY CARE TRAINING HUB

NHS

Primary Care Workforce Wellbeing & Support Resources

Mental Wellbeing

- Getting through the next few hours
- Top tips to improve your mental wellbeing
- Your Mind Plan
- 18 Effective Stress Relief Strategies
- Self-Help CBT (cognitive behavioural therapy) techniques
- Mindfulness: A simple practice for greater wellbeing

Physical Activity

- Physical Activity and your Mental Health
- Parkruns
- Couch to 5K (free app)
- Active 10 (free app)

Stress

- Managing stress and building resilience
- Download the Resilience & Wellbeing Toolkit (free)
- Relaxing and Calming Video Exercises

Work Pressures

- Avoiding Burnout
- How to Bounce Back from Burnout in 3 Simple Steps (video)
- Managing Conflicting Priorities

Primary Care Workforce Wellbeing & Support Resources

Lifestyle

- Lose Weight (NHS free app)
- Quit Smoking
- Drink Less

Budget Finances Cost of Living

- Cost of Living Support across East Kent
- Household Support Fund Energy vouchers
- Healthcare Workers Foundation
- Kent Together
- Kent support and assistance service
- Money Saving Expert
- Money Advice Service
- Simple Energy Advice
- Help with energy bills if you're renting
- Citizens Advice
- Debt Advice
- Turn2us

Safety

- Domestic Violence and Abuse
- Women's Aid
- Refuge (Freephone)
- Domestic Abuse Support in K&M
- Victim Support
- National Centre for Domestic Violence
- Men
- LGBT
- Forced Marriages and Honour Crimes
- Download The Survivor's Handbook

More resources

Visit the KMPCTH resources page for more on support and wellbeing, living and working in Kent & Medway and equality, diversity and inclusion.