

# Health & Wellbeing SUPPORT FOR Pharmacy Frontline Workers

**We are aware that the Covid-19 pandemic has put extra pressure on the pharmacy sector at the frontline of the healthcare system.**

During this difficult time, we want to help you protect your own mental health and wellbeing.

Between April and September 2020, we are making the following health and wellbeing services available to all pharmacy frontline workers.



24/7 telephone  
helpline



Structured  
telephone/video  
counselling



Financial  
and legal  
guidance



Access to online  
support at  
Inspire Hub

**Whether you are a pharmacy technician, dispenser, healthcare assistant, delivery driver or if you are providing any other type of pharmacy support role, you can avail of this service.**

Support available is free, confidential and delivered by the independent workplace wellbeing provider, Inspire.

### **Why should I use this service?**

The COVID-19 outbreak is a unique and unprecedented scenario for pharmacy workers, particularly as there has been no such crisis in our recent past. Strategies that have worked for you previously to manage stress or pressure might not be so effective during this time.

That's where this support comes in.

Sometimes just talking to friends or family can help but at other times such as this, it may be better to talk to someone trained to listen who can offer support, guidance and a fresh outlook.

### **How can I access this service?**



Inspire Helpline: **0800 389 5362**



**[inspiresupporthub.org](https://inspiresupporthub.org)**

Services require a password

**For more information and to obtain passwords call  
Pharmacy Forum Coordinator **07951 004876****