

COVID-19 has affected us all. Wellbeing support is available for you.

Health and social care staff have accessed resources on the National Wellbeing Hub at www.promis.scot nearly 80,000 times so far for:

- ☰ Information on looking after yourself.
- ☐ Free, evidence-based apps to help with personal resilience, stress, sleep etc.
- 👥 Coaching, guides, webinars, and more.
- 💬 Confidential emotional support via the National Wellbeing Helpline.

0800 111 4191
www.promis.scot



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