

Supporting you

If you're worried about how the **cost of living** is affecting your home or work life, help is at hand.

An enhanced wellbeing offer has been developed for everyone working in health and social care across Birmingham and Solihull. You can access all or any of the free, confidential services outlined below.



Managing your money

Citizens Advice Birmingham
Practical budgeting advice, debt management, help with entitlements/benefits.



Relationship support

Relate
Emotional support with personal or professional relationships, offering short-term counselling or a one-off chat with Relate Hub.



Health, wellbeing and low-level dependency

Aquarius Life
One-to-one support sessions for people affected by issues related to alcohol, drugs or gambling.

The benefits:

- ✓ **Exclusive package for health and social care staff across Birmingham and Solihull**
- ✓ **Fast-track route into professional advice and support**
- ✓ **Completely confidential**
- ✓ **Complements your organisation's health and wellbeing services**

Accessing support:



Scan the QR code, visit <https://www.birminghamsolihullics.org.uk/supporting-you> or see your organisation's intranet for details.

You can also speak to your line manager, health and wellbeing lead or contact the Birmingham and Solihull staff mental health hub (0121 301 1470).