

# Discover your Wellbeing Hub



## Look after your **mental health**

Wellbeing Hub is an excellent source of information and guidance on a very wide range of mental health and wellbeing related topics. With access to monthly newsletters, insightful articles and short videos, there are lots of ideas on ways to improve your day to day wellbeing.

## Access support 'on the go'

- Book a call with a counsellor where we will call you at a date/time of your choice
- Online chat feature for any service-related enquiries
- Discover tools from "Living Life To The Full", your Online CBT resource. Unrestricted access to an award-winning suite of online therapy courses and booklets around guided self-improvement on a vast range of topics
- Freephone number to call through directly to the Assist support line

## Quick steps to get started

1. Visit <https://wellbeing.hub.healthhero.com>
2. Click "register a new account"
3. Enter your organisation's generic username and password, your email address and a preferred display name
4. Set your unique password and click "register"
5. Click on the link within the email to validate and complete the registration process

Wellbeing Hub is uniquely customised to the services your employer has signed up for.

The account you have created is personal to you and completely confidential from your organisation. We only report aggregated statistics in terms of access - e.g. number of log-ins per month.

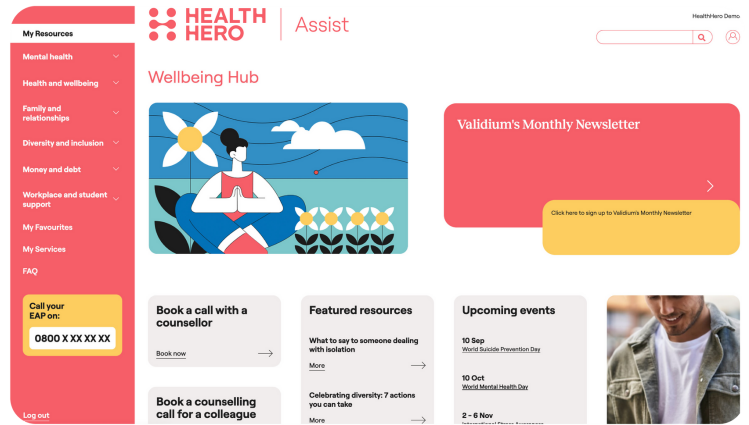


**0800 3 58 48 58**

Outside UK:  
For online support join at:  
Username:  
Password:

+44 141 271 7179  
<https://wellbeing.hub.healthhero.com>  
St Marys  
Waldegrave

# Your Wellbeing Hub homepage



The Wellbeing Hub homepage allows you to navigate different areas to access resources and information on topics such as debt support, family matters and legal information. Also included are a range of clinical resources (written, visual, audio and video) to support in understanding anxiety, managing workplace stress and guidance on a host of other concerns.

## My Services

This area gives information on the service elements, such as the counselling helpline and information services that you have access to.

## Living Life To The Full

Award-winning online CBT courses and supporting materials. Content includes worksheets, e-books and videos on a wide range of topics, so each of us can use the materials and information that is of most relevance to our personal circumstances.

## My Favourites

This area allows you to see all the information sheets you have saved as a favourite. To save an information sheet as a favourite, simply click on the heart icon which can be found in the top left corner.

## Featured Resources

Featured Resources, accessible via the dashboard, gives direct access to popular resources.

## Upcoming

The 'Upcoming' feature on the dashboard displays information on the wellbeing days throughout the year, such as World Mental Health Awareness Day, Men's Health Week, Cycle to Work Day and much more.

## FAQ

FAQ provides answers to questions commonly asked by service users.



### Top Tip

By clicking on the icon on the top right-hand side of the dashboard, you will be able to make changes to your account details.



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