

Lifestyle and Wellbeing Check-in for School Staff



Your check-in

Our lifestyle and wellbeing check-ins are free informal 1:1 online or telephone sessions with trained occupational health staff that provide you with the opportunity to focus on your own physical and mental health.

Together, we will be able to explore ways in which you might improve your general wellbeing and increase your vitality and refresh your outlook for the year ahead. All appointments are completely confidential.

Book now

If you would like to positively support your wellbeing and book a session with a member of our Occupational Health Team, please email occhealth@wiltshire.gov.uk putting *Lifestyle and wellbeing check-in*, in the subject line. We will get back to you and book a date and time that is convenient for you. Check-ins are available free of charge to **all staff**.

Your personal summary

A summary of our conversation will be sent to you in a personal email so that you have a reminder of what we've discussed and lots of signposting to useful resources and further support.

