Friendly GP+ Discover your Wellbeing Hub



A confidential and secure online resource available 24 hours a day to help you look after your mental health. With helpful fact sheets, self-help guides and links to other useful resources, support is just a click away.

Get started in 3 easy steps:

Visit the below link and click on 'Create new account'
https://wellbeing.hub.healthhero.com

When prompted, please enter:
Username: NationalFriendly
Password: Support
You'll then create your own login.

Start exploring the Wellbeing Hub for tools and resources.



What can you use Wellbeing Hub for?

- · Easily book an appointment with a counsellor at a time that suits you
- Need a hand? Access Live Chat for service enquiries
- Discover tools from "Living Life To The Full", your online CBT resource
- Explore a range of articles and access additional resources

Remember!

If you are struggling with your mental health, we're here.
Your helpline is always available 24/7.

0800 987 4255

As non-contractual benefits, we reserve the right to change or remove either or both of the Friendly GP services at any time. National Friendly is a trading name of National Deposit Friendly Society Limited. Registered office: 11-12 Queen Square, Bristol BS1 4NT. Registered in England and Wales no. 369F. National Deposit Friendly Society Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Our Financial Services Register number is 110008. You can check this at: https://register.fca.org.uk. National Deposit Friendly Society Limited is covered by the Financial Services Compensation Scheme and Financial Ombudsman Service.