

Friendly GP+

Discover your Wellbeing Hub



National Friendly

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:

1

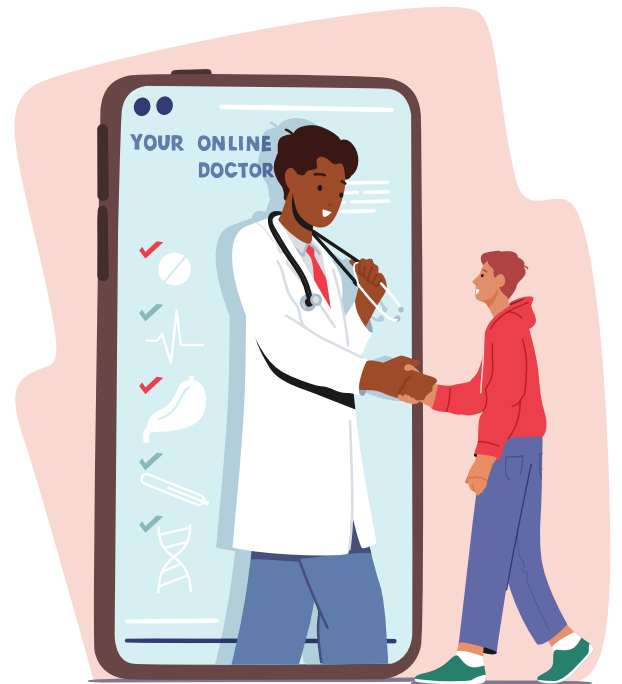
Visit the below link and click on 'Create new account'
<https://wellbeing.hub.healthhero.com>

2

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

3

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