

Whatever's on your mind,  
call us free and confidentially,  
24/7, 365 days a year on:

**0800 389 5362**

If you feel you need to, take the first step, pick up the phone and contact us to speak with someone who can help you to access appropriate information and advice.

Email us during office hours at:

**[workandstudy@inspirewellbeing.org](mailto:workandstudy@inspirewellbeing.org)**

For instant access to tailored wellbeing support tools and resources, visit:

**[inspiresupporthub.org](http://inspiresupporthub.org)**

Inspire Workplaces  
Lombard House  
10-20 Lombard Street  
Belfast  
BT1 1RD



Inspire is an operating name of Inspire Wellbeing, a company limited by guarantee Company No: NI025428 / Charity No: 103470. Inspire Workplaces and Inspire Knowledge and Leadership are operating names of Carecall (NI) Limited Company No: NI038960 / VAT Registration No: 179 1484 72. Northern Ireland Community Addiction Service Ltd, Trading as Addiction NI Registration No: T8905733NH

Visit us at: [inspiresupporthub.org](http://inspiresupporthub.org)



# Supporting your **wellbeing**

General Dental Services  
Assistance Programme



# The right help, right now

At one time or another, we all experience difficulties that can leave us feeling overwhelmed. Issues at work, relationship worries, family pressures, financial concerns – they can all make us anxious and reduce our sense of wellbeing.

Sometimes just talking to someone can help, but at other times it may be useful to talk to someone trained to listen who can offer support, guidance and a fresh outlook

## That's where we come in.

Available to GDS contracted Dentists, the **General Dental Services Assistance Programme** is fully independent and available 24 hours a day.

The programme provides access to a range of wellbeing support services, including: our **innovative online Inspire Support Hub**, **specialist wellbeing information**, or if required, **counselling**.

## It helps to talk

At any time, you can access our **Freephone telephone support line**. Available 24 hours a day, 365 days a year, it is staffed by a specially trained support team, who if required can provide access to our network of accredited and highly experienced Counsellors.

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# Inspire Support Hub

The **Inspire Support Hub** provides instant online access to a range of wellbeing information, guidance, screening and intervention tools. It will guide you through evidence-based self assessment to personalised wellbeing reports, and recommendations for proactive next steps.

It includes a number of bespoke, innovative tools and resources, including:



## Guided self-assessment via 'iHelp chatbot'

The first step to ensuring you get the right support. Guided self-assessment via our innovative chatbot, with personalised recommendations on the best way forward.



## Self-help courses and digital intervention tools

A series of guided tasks will help you to recognise and build on existing resources, and to put steps in place to resolve difficulties.



## '5 ways to wellbeing' database

Connect, Be Active, Take Notice, Learn and Give. The database will help you to identify a range of activities linked to each of the 5 ways to wellbeing.



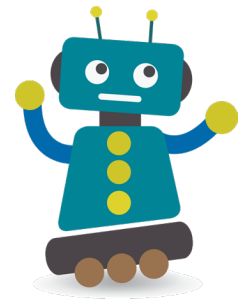
## Wellbeing information library and Bibliotherapy

Expert information and advice on a range of wellbeing areas, and through a selection of book recommendations, the opportunity to engage in the experiences of others.



## Mood Tracker

Getting a good night's sleep can help improve your mood. Rate, track and compare your mood and the number of hours you have slept across the month.



Visit us at: [inspiresupporthub.org](https://inspiresupporthub.org)

When signing up online to access the hub, you will be prompted to enter a unique GDS PIN and to complete a sign up form. For details of the GDS PIN, please contact the **HSCB Directorate of Integrated Care**. For any technical queries on using the hub, contact: [hubsupport@inspirewellbeing.org](mailto:hubsupport@inspirewellbeing.org)