

The right help, right now

As an integral part of our overall wellbeing vision, the **Inspire Support Hub** provides instant access to a range of **information, guidance, screening and intervention tools**, tailored specifically to help care for your individual wellbeing needs. It is our aim to widen access to support as far as possible as part of a **‘stepped-care’ model**, to help ensure that appropriate levels of wellbeing provision are available at the right time. The hub will guide you through evidence-based self-assessment to your own wellbeing reports and plan, and the appropriate support and intervention.

Bespoke, innovative tools and resources



Guided self-assessment via ‘iHelper chatbot’

Accessed via your personalised dashboard, **iHelper** is the first step to ensuring that you get the right support. You will be guided through a self-assessment by our innovative **chatbot** and receive personalised recommendations outlining the best way forward. The areas iHelper can help you with include: **Alcohol, Anxiety, Depression, Self-Esteem, Sleep and Stress.**



Self-help courses and digital intervention tools

Our range of self-help courses are underpinned by **CBT (Cognitive Behavioural Therapy)-informed self-assessment.** Each course topic has been designed to help you identify and review possible factors that are contributing to your areas of challenge. You will be guided through a series of tasks, helping you to recognise and build on existing resources and put simple steps in place to resolve these difficulties.



‘5 ways to wellbeing’ database

Connect with people around you, Become more active, Take notice, Keep Learning and Give. Building these small actions into your day-to-day life can make a big difference to your

wellbeing. Using this evidence-based approach, enter your location, and the interactive map will identify a range of different activities linked to the 5 ways of wellbeing. There are literally hundreds to choose from!



Wellbeing information library and Bibliotherapy

Our **comprehensive self-help library** is available as an aid to self-directed learning and provides expert information and advice in areas such as: **alcohol, family, health, lifestyle, mental health, stress, wellbeing and much more.** **Bibliotherapy** is an expressive therapy that involves the reading of specific texts. We have curated a selection of books on a range of topics, giving you the opportunity to engage in the experiences and perspectives of others.



Mood Tracker

By rating your mood, the tracker allows you to view and reflect upon how you have been feeling across the month. Getting a good night’s sleep can improve your mood, and by logging the number of hours you have slept, the tracker also allows you to compare the two.

Your next steps to wellbeing

Visit us at: inspiresupporthub.org

When logging in at first, you will be prompted to enter your unique company/organisation PIN and to complete a sign up form. For details of your PIN, please contact your HR or Wellbeing team.

Whether you’re looking for advice or need a little more direction, visit the hub and start your wellbeing journey today.

For technical support on using the hub, contact: hubsupport@inspirewellbeing.org



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