**Staff Care and Wellbeing**

Hi,

We have all been living and working under very challenging circumstances for a long period of time now and, despite the easing of restrictions affecting our personal lives, there is still no end in sight for those which are making our professional lives so difficult.

It is more important than ever that we take time to ensure we look after ourselves and others given the duration of the pandemic which has so fundamentally altered our world. To that end, I have attached to this email a leaflet outlining the help and support which is available to both individuals and groups through NHS Lanarkshire via our Staff Care and Wellbeing team.

I would encourage everyone to take the time to read this and access the support which is available should this be required.

Regards

**Anne**

Anne Moore

Director of Dentistry

NHS Lanarkshire