

# Discover your Wellbeing Hub

Wellbeing Hub is 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 <https://wellbeing.hub.healthhero.com> and click on 'Register a new account'

**2**

Enter the details below. You'll then create your own personal login

**3**

Start exploring the Wellbeing Hub for tools and resources

**Username: NHSHighland Password: EAPsupport**

## 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 3 58 48 58**