

# NHS Knowledge & Library Resources for Wellbeing

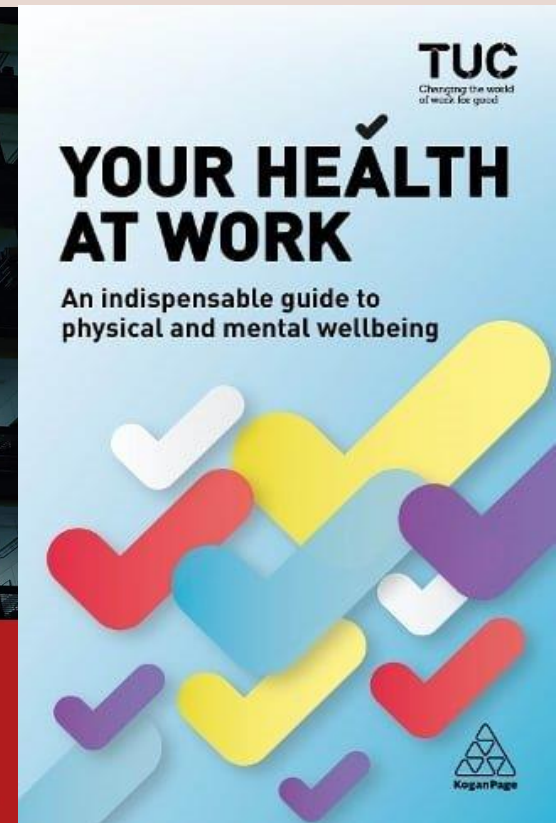
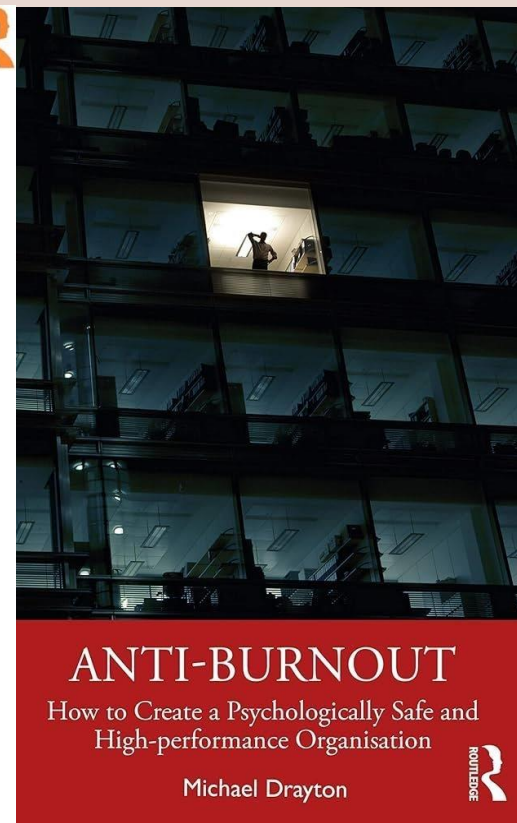
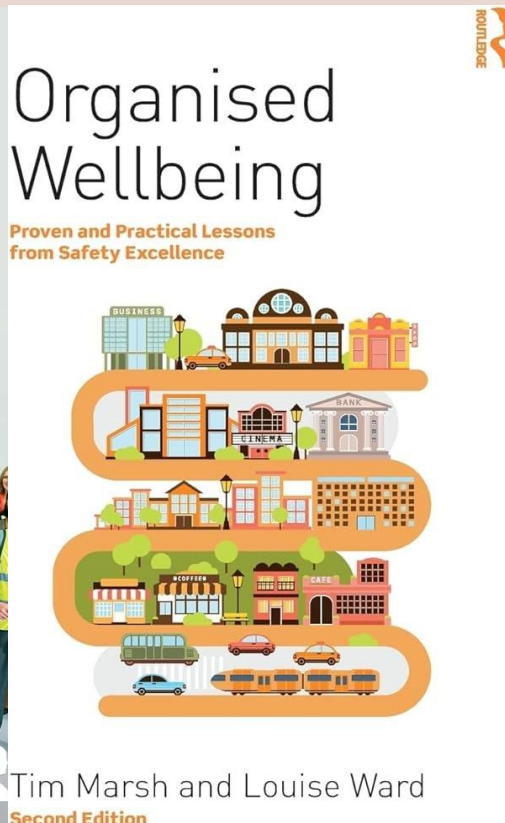
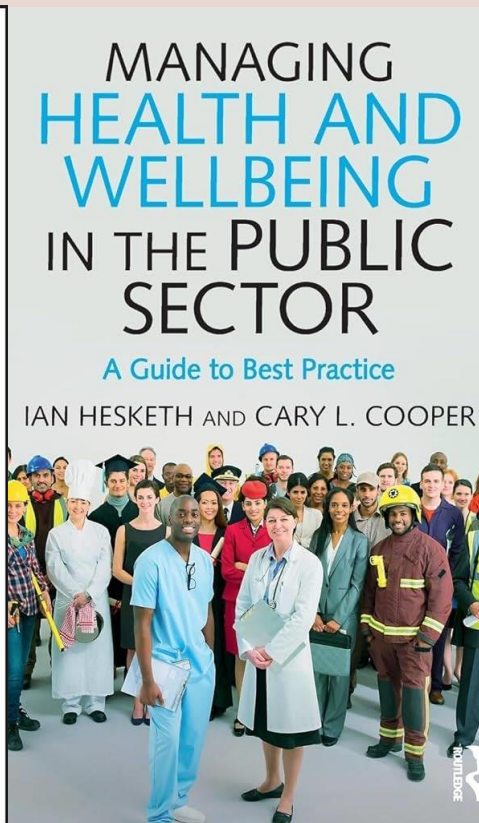
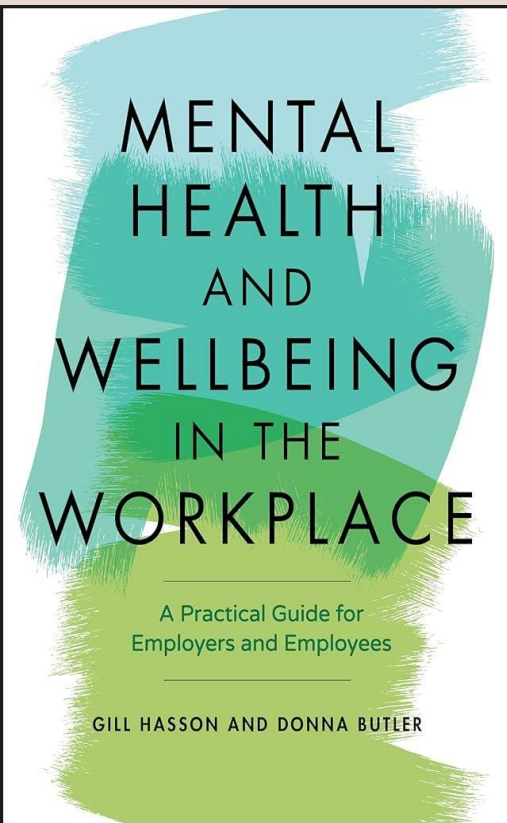
Beth Thompson

Knowledge Specialist

Primary Care Training Hub

Bedfordshire, Luton and Milton Keynes ICB

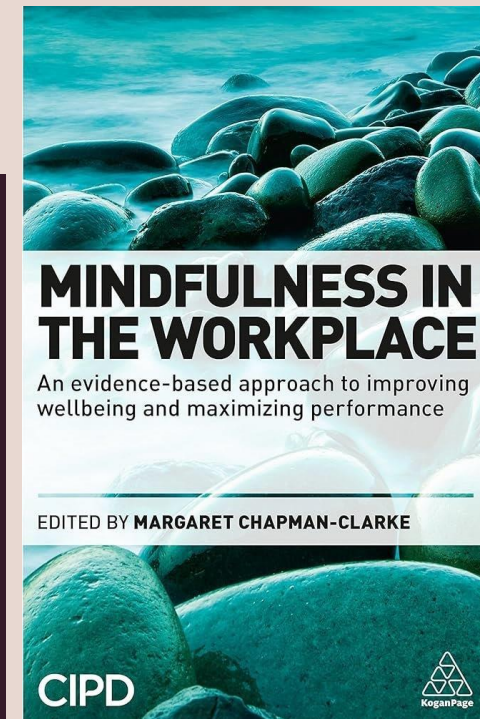
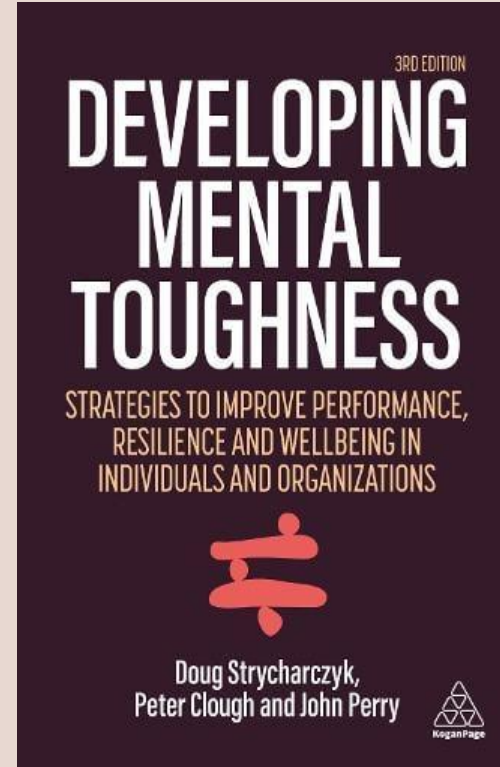
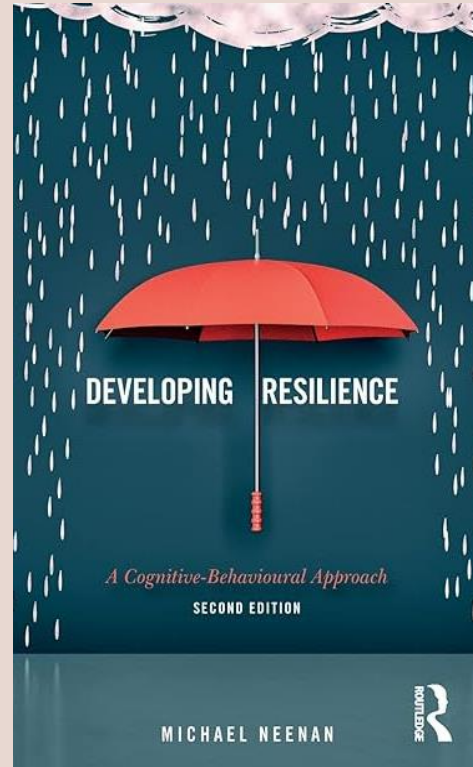
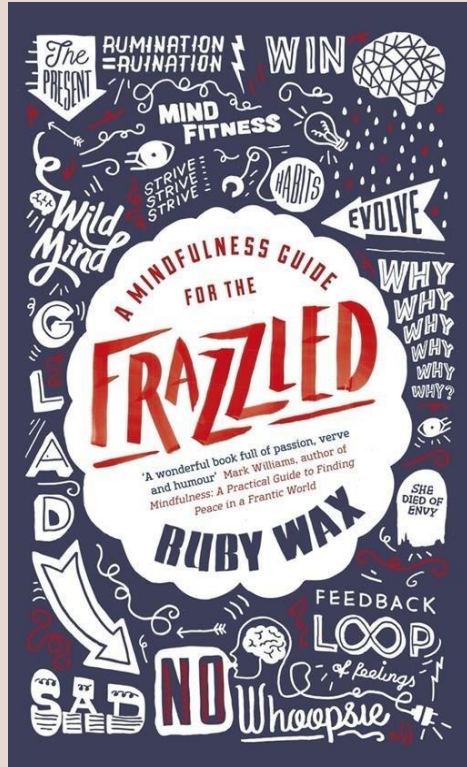
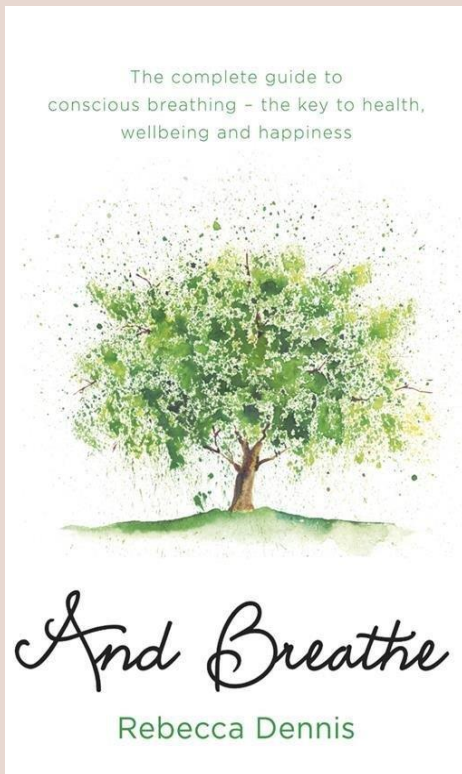
# Organisational Wellbeing



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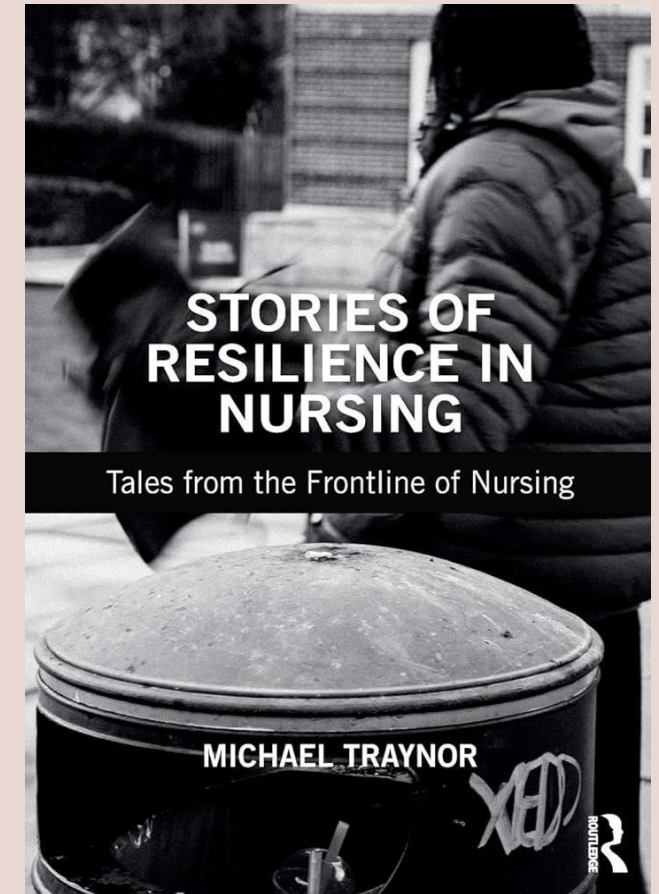
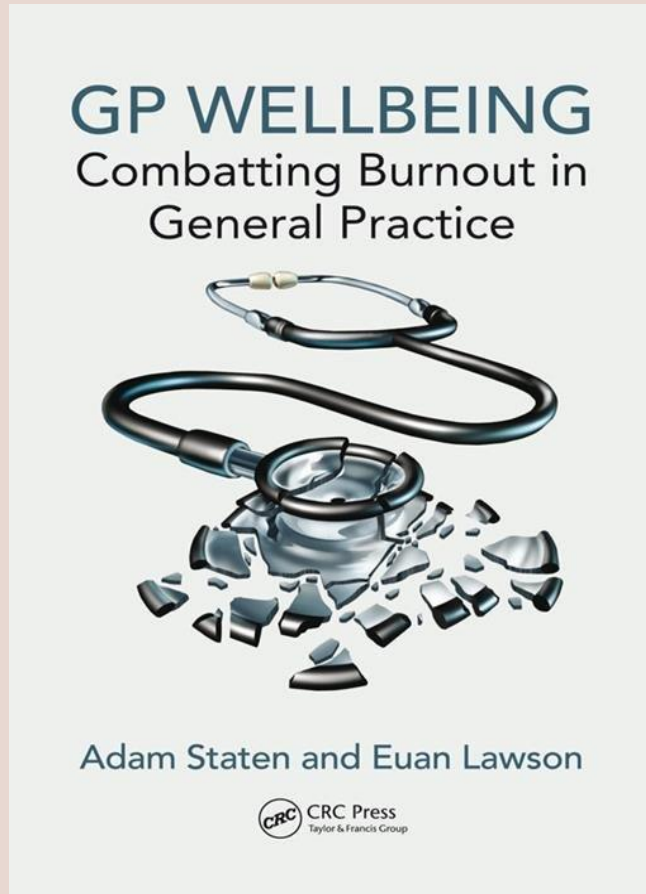


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# Wellbeing for health professionals

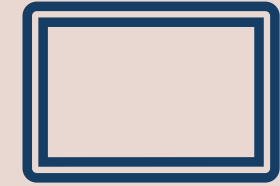


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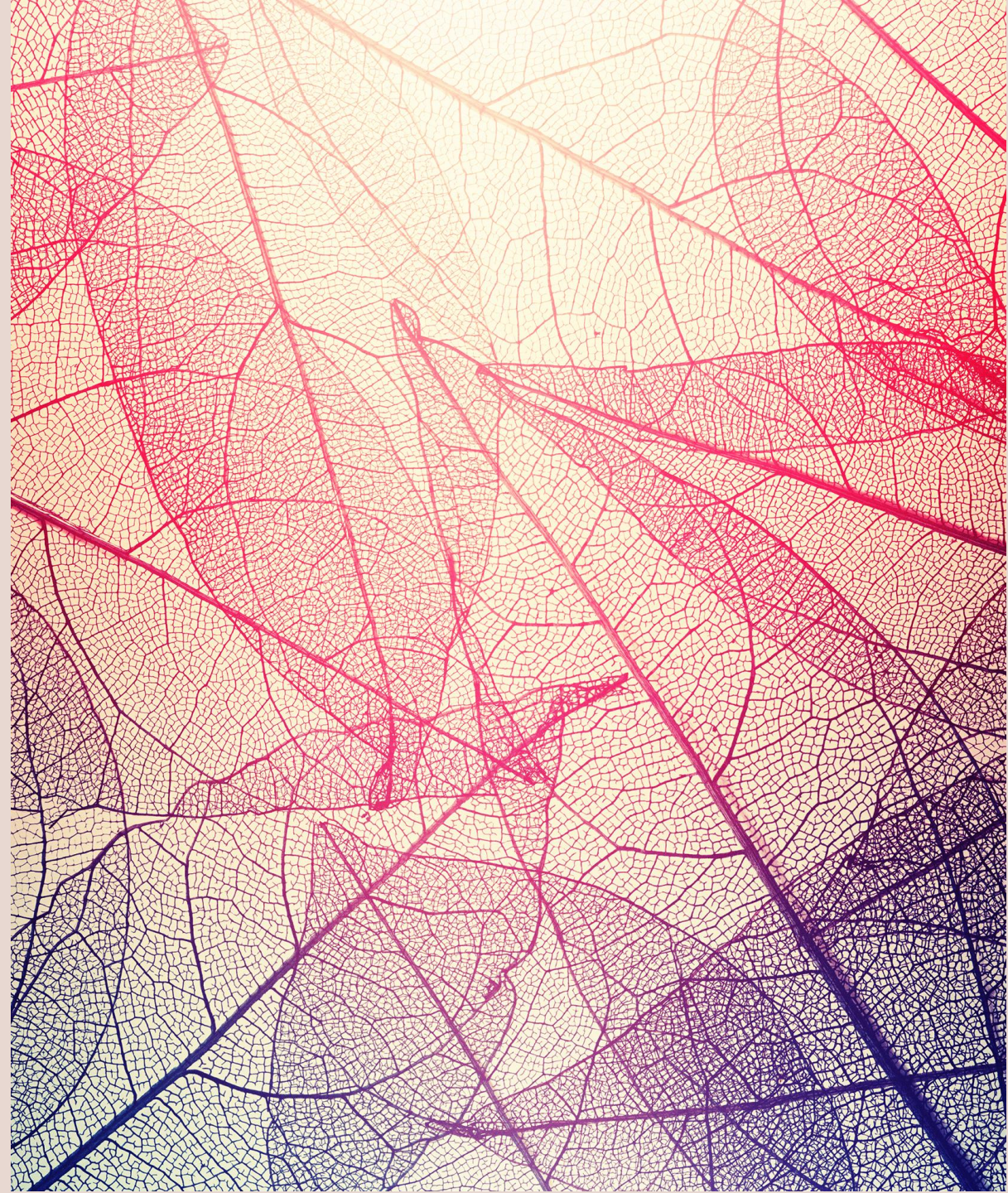
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- Click on a book to open it
- Click the T to change colour and text size



# Uplifting Resources for the NHS from the NHS

A collection of websites, poems, apps and podcasts, developed by NHS staff for NHS staff is available [here](#).

To find out if you can borrow books from your local NHS hospital trust library , please email [beth.thompson16@nhs.net](mailto:beth.thompson16@nhs.net) and I will put you in touch with the relevant team.





# More information and contact

See more information on knowledge & library Services [here](#).

For help with any resources, please contact Beth Thompson, BLMK Primary Care Knowledge Specialist [beth.thompson16@nhs.net](mailto:beth.thompson16@nhs.net)

