

Where to find staff wellbeing support

You can access wellbeing support on the UHD intranet, website and @UHD app.



Thrive wellbeing

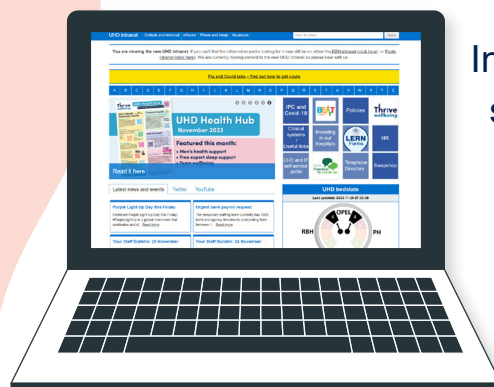
Look out for our badge across all of our communications channels to stay up to date with events, offers and resources.



Scan me to see the wellbeing resources on our UHD website, including this guide.



Intranet sliders



Screensavers



Social media



Today
Download the [@UHD app](#) and receive wellbeing notifications straight to your phone

