



**Stressed or burned-out?
Exhausted? At breaking point?
Worried about how much more
you and your team can give?**

There is strength in asking for support.

The North East and North Cumbria Wellbeing Hub Team are here and ready to help you.

Our confidential helpline is staffed by expert NHS psychological practitioners, who understand what you're going through.

It is open to all NHS staff and our health and care sector partners.

**If you need to talk, call our confidential helpline
for health and care staff:**

0191 223 2030

The helpline is available seven days a week inc. Bank Holidays, from 7am-9pm. Helpline staff may arrange for a therapist to call you back at a suitable time.

**You can also try monitoring your
own wellbeing by using a diary at
www.mypersonalwellbeing.co.uk
or scan the QR code:**



For more information about support available from the Hub, please email necsu.nencicsmentalhealth@nhs.net

