

COVID-19 has affected us all

Health and wellbeing support is available

A woman with dark hair tied back, wearing a white NHS uniform and a green surgical mask pulled down to her chin. She is smiling warmly at the camera. The background is a light blue gradient.A stylized tree graphic with a dark blue trunk and branches. The branches are decorated with various colored circles (orange, blue, red, yellow, purple, green, pink) of different sizes. The base of the tree is formed by several horizontal lines in blue, orange, and purple.

Our NHS people have accessed resources more than half a million times

- Confidential emotional support
- Free evidence-based apps
- Webinars, guides, coaching and more



NHS

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 0800 0696 222  'frontline' to 85258  www.england.nhs.uk/people



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