

STAFF WELLBEING SUPPORT

Psychology Support Service

Does your mind get hooked by worries about work, family or what's to come?

Are you experiencing a rollercoaster of emotions?

How are you coping with the changes, isolation, loss & uncertainty in our lives?

WE ARE HERE TO HELP



Supportline

For health & wellbeing advice

Mon-Fri
9am-9pm

Sat & Sun
2pm-6pm

Call us on:
02837562600
select option 1

Community Outreach Team Support

For team & individual support on request

Call us on:
02837565029

In-reach Acute Team Support

For team & individual support on request

Mon-Sun
9.30-5.30pm

Call us on:
07774816661

Village Drop-in Service

For staff within the CAH site

Mon-Sun
9.30am-5.30pm

Call us on:
07595885245

