

# Confidential support for health and care staff

## Do you need a bit of support?

The Staff Mental Health and Wellbeing Hub is here for anyone who works in health or social care in the North East or North Cumbria. It's free and confidential.

You might need support with challenges at work, at home, or both. We can offer you an appointment with a mental health professional or link you with other services for further support or treatment.

🌐 Visit [www.northeastnorthcumbria.nhs.uk](http://www.northeastnorthcumbria.nhs.uk) and complete the online form

✉ Email us at [hubstheword@cntw.nhs.uk](mailto:hubstheword@cntw.nhs.uk)

☎ Or leave us a confidential message on **0191 223 2030**

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