

Work in health or social care in the North East or North Cumbria?

Staff Mental Health and Wellbeing Hub

We can offer free,
confidential and timely
support from an experienced
mental health professional



🌐 Visit www.northeastnorthcumbria.nhs.uk
and complete the online form

➔ Email us at hubstheword@cntw.nhs.uk

☎ Or leave us a confidential message on 0191 223 2030