



**Mental Health Awareness Week
9-15th May**



How are you doing?

Talking to someone about how you're feeling can make a big difference. It can help you: take stock, deal with difficult events, find ways to restore work-life balance.

Healthier Together

Support Network

your wellbeing matters

Confidential & free

If you work in Health or Adult Social Care, you are entitled to free psychological support.

No waiting lists

Your first appointment will be within five working days of contacting us (if your diary permits).

Specialist support

Our psychologists specialise in supporting people in caring professions.



Slots are available Monday-Friday.
Support also available for people on sick leave.

To find out more about support available for health and care staff, go to: bnssghealthiertogether.org.uk/support-network or call **0117 342 4740**



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