



**Worcestershire
Acute Hospitals**
NHS Trust

NEED SOMEONE TO TALK TO?

It's ok not to be ok

Free, confidential counselling and mental health wellbeing support is available for all colleagues

Thank you for putting patients first
– but please take care of yourself as well

IN A CRISIS?

Herefordshire and Worcestershire Health and Care NHS Trust Helpline

24 hours a day, 365 days a year

☎ 111 - Choose "option 2" for urgent
mental health support

URGENT SUPPORT

Samaritans - A new free confidential
support line for NHS and social care
workers in England. ☎ 116 123

SHOUT Crisis Text Line - Text "WOO"
in Worcestershire to 85258 to contact the
Shout Crisis Text Line.

NON-URGENT SUPPORT

Staff Psychological Wellbeing Service

✉ wah-trstaffpsychological
wellbeingservice@nhs.net

Free NOSS Counselling 24/7

☎ 01978 780479