



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

☎ 0808 196 9127

## 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