

# You've looked after everyone else

## Now it's time for you



We've been listening to what care professionals have been saying since the pandemic hit. You're **tired**. You're **stressed**. You're **burnt out**. You **feel responsible**. You **can't meet usual standards of care**. You're **covering** for sick colleagues. You're **unwell** too.

Our mental health professionals are **here to listen** or arrange **fast-track referrals** for anyone working or volunteering in health and social care.

You're important to us. And your mental health and happiness matter.

If you live or work in Norfolk & Suffolk calls are free and confidential on

### 0300 123 1335

We're here to help Mon-Fri, 09:30-16:30  
or email us on [staffsupport@nsft.nhs.uk](mailto:staffsupport@nsft.nhs.uk)

**Mental Health Resilience Hubs –  
caring for caring professionals**

**here for you** 