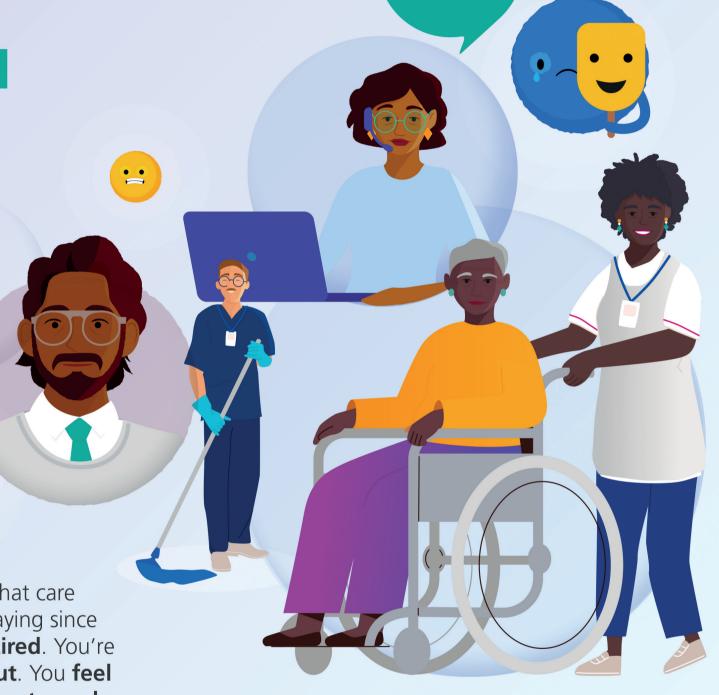
## You've looked after everyone else

Now it's time for you



**Completely confidential** 

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

Mental Health Resilience Hubs – caring for caring professionals

