



Psychological wellbeing support for whole system across the North East and Cumbria

including health and care, education, police, fire and prison service staff

**If you need someone to talk to about how
you're feeling, we are here for you.**

This confidential support line has been set up in response to the COVID-19 pandemic to help health and care, education, police, fire and prison service staff across the North East and Cumbria to cope.

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust are providing anonymous access to a psychological therapist who can offer a 'listening ear' and signpost to more support if you need it.

To access the helpline, call **0191 223 2030** between
9am – 6pm Monday to Friday
(excluding bank holidays)

