



North East and North Cumbria Staff Wellbeing Hub

Helping our carers to keep on caring.

North East and North Cumbria's health and care staff provide the highest standards of care to the people in our communities. Every one of us has been affected by the pressures of the COVID-19 pandemic, and looking after ourselves as well as our patients has never been so important. But navigating all the different support offers available to you can be challenging.

The new North East and North Cumbria Staff Wellbeing Hub brings together and builds on the existing support offers from individual organisations across the region. Our Hub team will ensure that all health and care staff who need support can quickly and confidentially access the best advice and treatment.



We're here to help you while you are helping others.
If you need to talk, call our confidential helpline:

0191 223 2030

The helpline is available seven days a week inc. Bank Holidays, from 7am-9pm. Therapists are available between 12-6pm Monday to Friday; if you call outside these hours and need to speak to a therapist, helpline staff will arrange for a therapist to call you back at the soonest suitable time.

For more information about support available from the Hub, please email necsu.nencicsmentalhealth@nhs.net or visit www.nhsjoinourjourney.co.uk

Noticing signs of stress or
burnout in you or your team?

Worried about how much more
you and your team can give?

Our confidential helpline is staffed by expert NHS psychological practitioners, who know what it is like to work through the pressures and difficulties of the COVID-19 pandemic.

It is open to all NHS staff and our health and care sector partners.

There is strength in asking for help.

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The Hub team can offer a range of physical and psychological wellbeing support, including:

- Navigating existing local support offers to find the right one for you
- Access to experienced therapists and evidence-based treatments
- Support and coaching for managers
- Group and individual support
- Someone to listen, support and advise

You can also try monitoring your own wellbeing by using a diary at www.mypersonalwellbeing.co.uk or scan the QR code:

