

Free
confidential
support and
fast-track
referrals

You've looked after everyone else

Now it's time for you



The pandemic has affected us all differently.
Your mental health and wellbeing matter to us –
so we're here to listen and help.

**Your Mental Health Resilience Hub –
caring for workers and volunteers
in health and social care.**


keepingwell
support for health and care staff

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



We've been listening to thousands of care professionals like you, and they've been saying similar things:



You're tired. You're stressed. You're feeling burnt out. You're covering for colleagues who are sick. You feel responsible for your team. You're struggling with work. You've been feeling unwell yourself.

That's why we've set up our Staff Mental Health Resilience Hubs.

They're here to give extra support to all health and social care professionals who have struggled due to the pandemic.

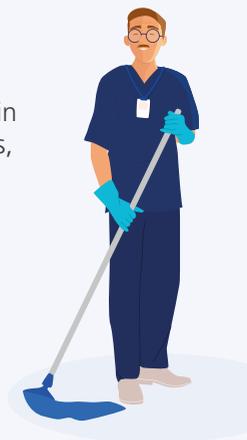


Run by mental health professionals...

We've brought together experts including trauma therapists, bereavement counsellors, relationship experts, addiction mentors, even debt specialists. We recognise the pandemic has affected different people in different ways.

...for caring professionals

Our Hubs are here for anyone who works in health and social care, including volunteers, those in not-for-profit organisations, and those who have shielded at home.



So, why call us? Well?... it doesn't matter why.



Flexible
appointments

Perhaps you're feeling overwhelmed? Perhaps you just have a niggling feeling that won't go away? Perhaps you don't even know if it's related to Covid? It doesn't matter. It doesn't have to. In fact, it doesn't even have to relate to work.

Confidential support

It's OK to need support; we want you to come to us for it.

Of course, we understand some people feel anxious about asking for help; worried it could affect their current or future jobs.

But our Mental Health Resilience Hubs are confidential. It is a safe, anonymous, and confidential service, with no details passed on to your manager or added to your records.

You can choose when and where you see our experts, with flexible appointments to work around your shift patterns, and different Hubs if you'd rather not be treated in your workplace.



Fast-track
assessments

Fast referrals

Our Hubs are here to prioritise your needs, with a fast-track assessment service to get you the right help at the right time.

Whether you need a referral, or just someone to chat things through with, please don't wait to get help.

We've opened Mental Health Resilience Hubs across England, so you can contact the Hub near your home or, if it's different, the Hub near your workplace. The choice is yours.

**If you live or work in Bedfordshire,
Luton & Milton Keynes call us on**

01908 724227

Or visit www.keepingwellblmk.nhs.uk

This service is free.

**Mental Health Resilience Hubs –
caring for caring professionals living
and working in Bedfordshire, Luton &
Milton Keynes**