

# 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're **struggling** with work. 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 Bedfordshire, Luton & Milton Keynes call us on

**01908 724227**

Or visit [www.keepingwellblmk.nhs.uk](http://www.keepingwellblmk.nhs.uk)

This service is free.

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

  
**keepingwell**  
support for health and care staff