

# Are you working through the COVID-19 pandemic as a health, social or care worker in Norfolk or Suffolk?



## How are you feeling?

If you are feeling anxious, tearful, worried, stressed, guilt-ridden, upset, exhausted, irritable or overwhelmed – I'm here to help.

# STAFF SUPPORT LINE 0300 123 1335

You can also email us on [staffsupport@nsft.nhs](mailto:staffsupport@nsft.nhs)

Calls are FREE and confidential: 9.30 am – 4.30 pm, Monday to Friday

**For ALL health, social and care workers.**



Your call will be answered by trained staff who will listen and link you to our specialist team if needed.