

We know life is stressful right now, we are **here for you.**



If you work in healthcare, social care, the voluntary sector or not-for-profit sector in Essex or Hertfordshire and need someone to talk to, we are **here for you.**

You can call us 24/7 to confidentially to talk through any problems you're facing, whatever they may be.

0344 257 3960

(Also available to those working in Essex and Hertfordshire organisations, but based elsewhere.)

here for you 