

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 talk through any problems you're facing, whatever they may be.



0344 257 3960

hereforyou@nhs.net

www.hereforyou.info

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

Here for you services provided by:
Essex Partnership University NHS Foundation Trust
Hertfordshire Partnership University NHS Foundation Trust

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