

NEED SOME HELP?



HERE 4 U

Providing wellbeing and psychological support to health and social care staff

0131 451 7445

Here4U@nhslothian.scot.nhs.uk

Free, fast, confidential staff wellbeing services for all health and care staff, clinical and non-clinical.

Information, advice, training, signposting and support from a team of psychologists, for individuals, managers and teams.

Helping staff with difficulties related to work or personal life:

- Stress
- Sleep
- Anxiety
- Low Mood
- Trauma
- Burnout
- Coping Skills
- Self-Care
- Difficult relationships

...and much more

NO REFERRAL NEEDED

Please get in touch and find out how we can help!

NHS
Lothian