

We're here for you

NHS
Greater Manchester
Resilience Hub

If you have been affected by covid-19, feel anxious, or overwhelmed, we can help you and your family.

Our specialist team can support your emotional wellbeing and mental health.



Greater Manchester Resilience Hub's support for health and care workers during covid-19 is supported and funded by Greater Manchester Health and Social Care Partnership

We support all health and care workers who live and/or work in Greater Manchester, including:

- Staff working in hospitals, the community, primary care and North West Ambulance Service*
- Care home and social care staff
- Health and care staff working for community and voluntary social enterprise organisations

*NWAS staff who work outside of Greater Manchester are able to contact the Resilience Hub for support.

For an initial conversation with our team, complete our wellbeing questionnaire at: www.penninecare.nhs.uk/c19screening or call us to complete it over the phone.

Visit www.penninecare.nhs.uk/mcrhub-covid19 for more information about the help and support we provide.

Call **03330 095 071** or email gm.help@nhs.net