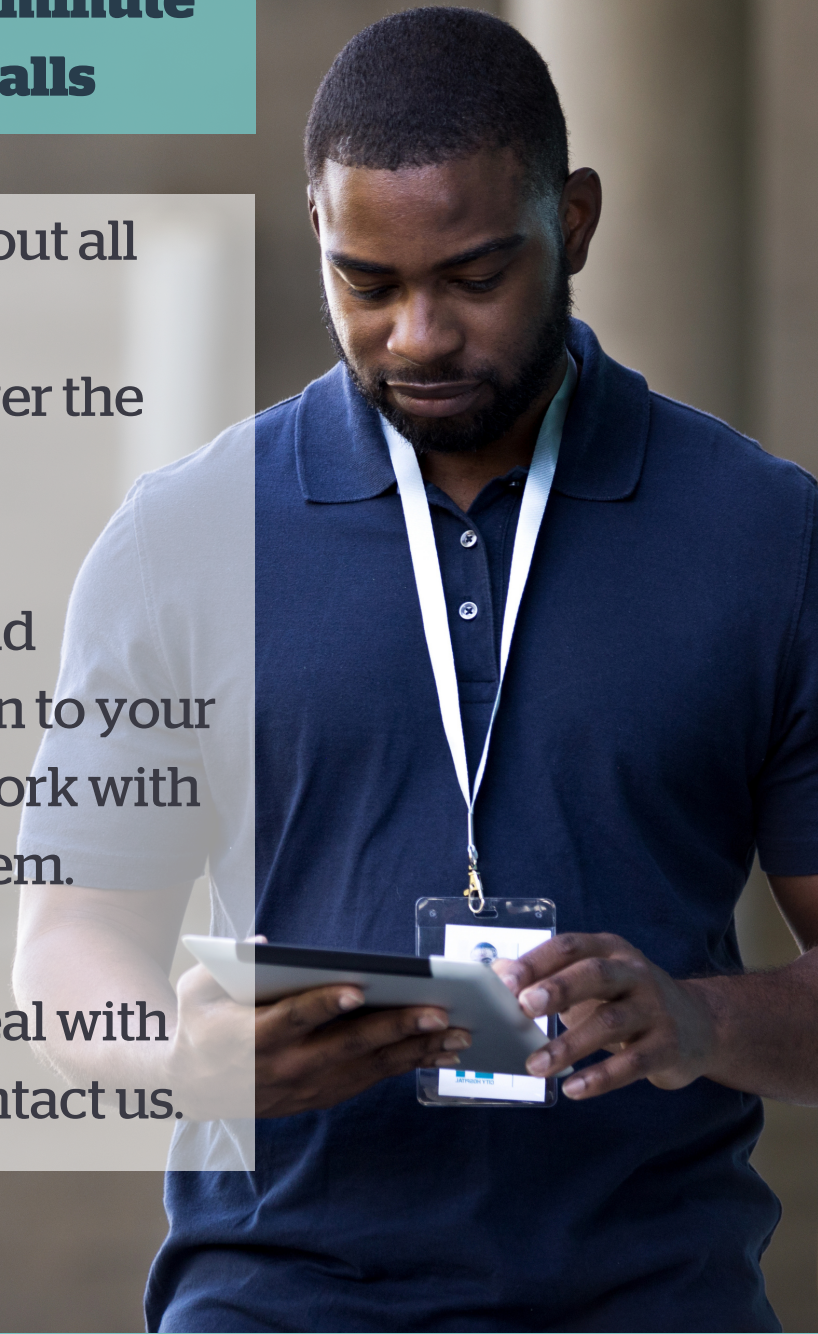


## **Free and confidential 30 minute WebChats or phone calls**

We're here for you to talk about all kinds of day-to-day issues or concerns, via WebChat or over the phone.

Our trained Relationships and Wellbeing Advisors can listen to your worries and concerns and work with you on how best to tackle them.

Don't feel like you need to deal with stress and anxiety alone. Contact us.



**Whatever the problem, we're here for staff  
delivering NHS services in your region**

Visit: [relate.org.uk/relatehub-nhs](https://relate.org.uk/relatehub-nhs)  
Phone us: 0300 303 4477