

Free, fast and
confidential
psychological
support

Have you
been feeling
stressed,
anxious or
low in mood?



Live Chat

Chat with us online

Monday to Friday
9am to 5pm



Call us

0300 123 1705

Monday to Friday
9am to 5pm



Email

keepingwell.nwl@nhs.net

Email us for
help and support

Keeping Well NWL is a free confidential wellbeing support service run by health care professionals for care professionals, in North West London.

This is a NHS funded service in response to the Covid-19 outbreak.

www.keepingwellnwl.nhs.uk

