

# COVID-19 has affected us all

Health and wellbeing support is available

A woman with dark hair tied back, wearing a white NHS uniform and a green surgical mask pulled down to her chin. She is smiling warmly at the camera. The background is a light, neutral color.

**Our NHS people have accessed resources more than half a million times**

- Confidential emotional support
- Free evidence-based apps
- Webinars, guides, coaching and more

A white telephone handset icon inside a blue circle.

0800 0696 222

A white mobile phone icon inside a blue circle.

'frontline' to 85258

A white globe icon inside a blue circle.

people.nhs.uk





**NHS**

# COVID-19 has affected us all

Health and wellbeing support is available



**Our NHS people have accessed resources more than half a million times**

- Confidential emotional support
- Free evidence-based apps
- Webinars, guides, coaching and more

 0800 0696 222

 'frontline' to 85258

 [people.nhs.uk](https://people.nhs.uk)



**COVID-19 has affected us all**  
Health and wellbeing support is available

**Our NHS people have accessed resources more than half a million times**

- Confidential emotional support
- Free evidence-based apps
- Webinars, guides, coaching and more



# COVID-19 has affected us all

Health and wellbeing support is available



**Our NHS people have accessed resources more than half a million times**

- Confidential emotional support
- Free evidence-based apps
- Webinars, guides, coaching and more

 0800 0696 222 'frontline' to 85258 [people.nhs.uk](https://people.nhs.uk)

## COVID-19 has affected us all

Health and wellbeing support is available

**Our NHS people have accessed resources more than half a million times**

- Confidential emotional support
- Free evidence-based apps
- Webinars, guides, coaching and more



# COVID-19 has affected us all

Health and wellbeing support is available

**Our NHS people have accessed resources more than half a million times**

- Confidential emotional support
- Free evidence-based apps
- Webinars, guides, coaching and more

 0800 0696 222

 'frontline' to 85258

 [people.nhs.uk](https://people.nhs.uk)