




The Wellbeing Line

SELFCARE IS NOT SELFISH



Feeling overwhelmed and not sure where to turn?

Talk to us.

We offer confidential mental health and wellbeing support for **anyone working in health and social care** in Gloucestershire.

0300 421 7500

All calls are free and confidential



Now also
supporting
the VCSE
sector

Email: hello@thewellbeingline.co.uk

Visit: www.thewellbeingline.co.uk

