

Staff support line

**Need confidential support from an NHS colleague?
Want to talk through anything that's troubling you?
Need a safe place to talk about your worries?**

Call 0300 123 1335

- Seven days-a-week from 2-5pm
- Open to anyone working in the NHS and care homes in Norfolk and Suffolk
- Staffed by members of NSFT's psychological workforce
- Out of hours, please leave a message and one of the team will call you back

Alternatively . . .

If you need to talk to someone about your mental health or are worried about how to keep safe and need help, call the NSFT 24/7 First Response line

Call 0808 196 3494

NHS staff can also call the national wellbeing support line run by Samaritans seven days-a-week 7am-11pm

Call 0300 131 7000