



Telephone drop-in service for staff wellbeing

The Mental Health Support Team in HFEH Mind is here to help you with your mental health needs.

Our free and confidential telephone drop-in service provides you with a listening ear, wellbeing guidance, resources, and signposting.

Language Line Telephone Interpreting Services available.

Please note, this is not a counselling service

Minds Matter: You Matter

For better mental health visit

www.hfehmind.org.uk

Charity No. 801259

To make an appointment
scan this QR code



Or click this link
[Telephone drop-in request](#)