# The Hub social media examples

**Twitter**

If you work in a health and social care role in Herefordshire or Worcestershire, you can access vital mental health and wellbeing support through our new hub. Visit https://www.hacw.nhs.uk/hwstaffhub

Accepting you need some help is one of the bravest things anyone can do, especially for health and social care staff who are so used to caring for others. Get mental health and wellbeing support by visiting www.hacw.nhs.uk/hwstaffhub

**Facebook**

Accepting you need some help is one of the bravest things anyone can do, especially for people who are so used to caring for others.

The Herefordshire and Worcestershire Staff Mental Health and Wellbeing Hub is a free, completely confidential service for health and care staff (including NHS, social care and the wider care system) working in our local area. The Hub team will ensure anyone who is struggling gets the support they need – we’re here for you. Visit https://www.hacw.nhs.uk/hwstaffhub