

Herefordshire and Worcestershire Staff Mental Health and Wellbeing Hub

The new Herefordshire and Worcestershire Staff Mental Health and Wellbeing Hub is a new service specifically for local health and care staff across Herefordshire and Worcestershire (including NHS, social care and care home staff).

The Hub can provide free and confidential access to:

- Mental health support
- Self-help information
- Signposting resources
- Wellbeing materials



For contact details and more information about how to self-refer visit:

www.hacw.nhs.uk/hwstaffhub