



# Mental health and wellbeing support for you

If you work in health, social care, or the wider care system in Herefordshire or Worcestershire The Hub can provide free and confidential access to mental health support, self-help information, signposting resources, and wellbeing materials.

## Contact us today



[whcnhs.hwstaffhub@nhs.net](mailto:whcnhs.hwstaffhub@nhs.net)



01905 520025



[www.hacw.nhs.uk/hwstaffhub](http://www.hacw.nhs.uk/hwstaffhub)

A circular inset image on the left side of the page shows a large, historic stone cathedral with multiple spires and a river in the foreground. The river is filled with many white swans. The sky is blue with scattered white clouds.

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