

**COVID —19 Confidential Psychological Helpline**  
**for**  
**Care Home Staff**

**Remember: Its good to talk—**  
**pick up the phone**



**We are here to listen!**

We are available Monday—Friday  
8 am—6 pm

Please call

**01274 251909**

**This is a phone line run by very experienced  
psychological therapists who will keep your phone call  
completely confidential.**

**All your information will remain anonymous.**

