



Need an injection? Afraid of needles?



Needle phobia is very common, affecting at least one in 10 people, and is nothing to be ashamed of.

What are the signs and symptoms?

For many people, the fear of needles is linked to feeling faint. When the fear is triggered (e.g. seeing blood or a needle), heart rate & blood pressure increase, but then rapidly drop.

How we can help?

We are KeepingWellNEL: a free confidential wellbeing support service for health and social care staff in North East London.

Speak to one of our team who can support you in overcoming this fear or visit [our website](#) for more information.

Get in contact



*Text 'PHOBIA' to
+44723484839

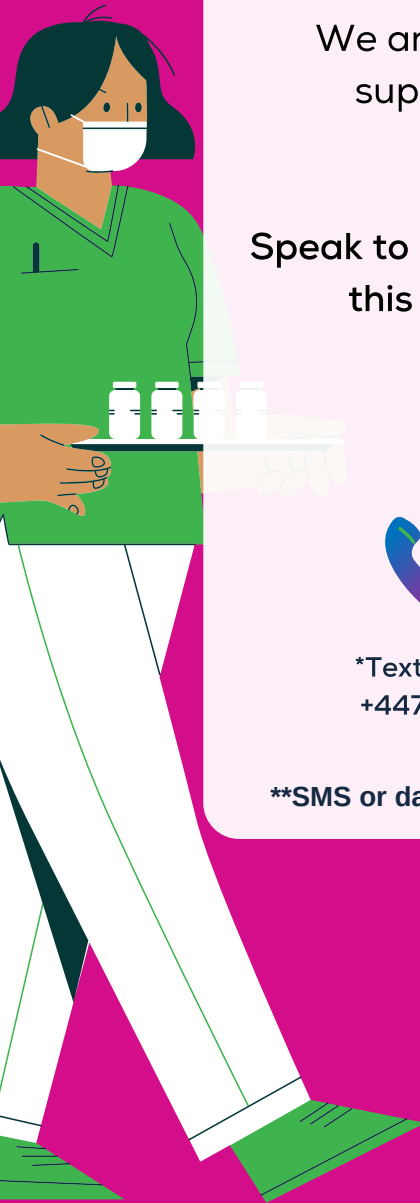


Come and live
chat with us



Visit [our website](#) here
or scan QR code

**SMS or data charges may apply, please use WiFi or call FREE on 030 0555 1280



Keeping
WellNEL

keepingwellnel.nhs.uk