

NHS

KeepingWellNEL

Enhancing wellbeing and promoting resilience



People grieve in different ways and there is no right or wrong way to react to the death of a colleague, friend or family member. Many people find it helpful to talk to someone about their feelings.

KeepingWellNEL can help staff working in NHS and health and social care settings across north east London through any difficulties they are facing.



**Come and live chat
with us**



**Text* us now on
07723484839**



**Scan QR to chat*
with us**

SMS or data charges may apply, please use WiFi or call **FREE on 030 0555 1280 Mon to Sat 8AM to 8PM*

**We can make fast-tracked referrals for further support,
we are free and confidential.**

www.keepingwellnel.nhs.uk



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Work in the NHS or social care and need help?

KeepingWellNEL can help staff working in NHS and health and social care settings across north east London through any difficulties they are facing. Appointments are flexible to work around shift patterns.

**Free, fast and confidential psychological support.
By care professionals for care professionals.**



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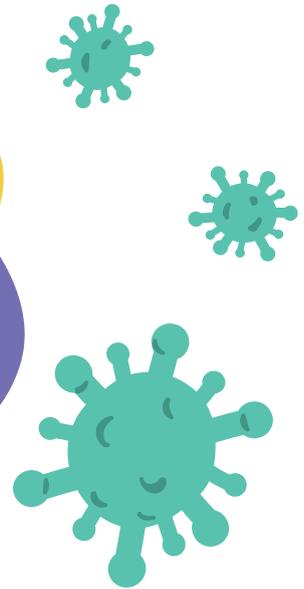
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We know there is a disproportionate impact of Covid-19 on people of Black, Asian, and minority ethnic backgrounds and their communities.

If you are struggling to process experiences, feeling stressed or anxious then the KeepingWellNEL service can help provide wellbeing and psychological support.

KeepingWellNEL is a free confidential emotional wellbeing support service run by health care professionals for health care professionals in north east London. This is a NHS funded service in response to the Covid-19 outbreak.



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KeepingWellNEL provides wellbeing and psychological support to staff working across north east London. It can help you through difficulties including tackling worries about your own or your family's health.

The service is free, fast and confidential. Appointments are flexible to work around shift patterns.



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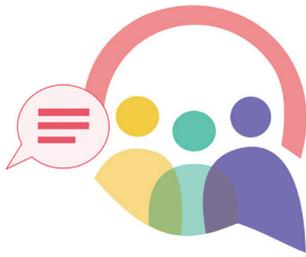


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As a key worker you may be facing the pressure of having difficult conversations, about how your role may impact on the safety and dynamics of your family.

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