

# Emotional support for you when you need it

**Do you work or volunteer in health and care in Somerset?**

Whatever you are going through, we are here for you if you need to talk. Call our dedicated confidential Colleague Telephone Line for help with a trained professional.

**Call or visit our website**

**0300 124 5595**

9:00 AM to 5:00 PM,  
seven days a week

**[www.somersetemotionalwellbeing.org](http://www.somersetemotionalwellbeing.org)**

 **Somerset Emotional Wellbeing**

