



# Launching the new South Yorkshire and Bassetlaw Health & Wellbeing Hub

## Access free support when you need it most with a dedicated Health & Wellbeing Hub

Following the enormous pressures of the past year many staff may be in need of added support to navigate and overcome these distressing times

The hub is free to use for all NHS employees within the South Yorkshire and Bassetlaw region and offers quality, confidential care provided by highly qualified professionals. Fast-track access will be provided to assess and establish the most appropriate support pathway for whatever you're facing

Simply call  
**0330 380 0658**

Or visit  
[sybhealthandwellbeinghub.tercltd.co.uk](http://sybhealthandwellbeinghub.tercltd.co.uk)  
to find all support  
services available

Help at any  
time, available  
**24/7**  
365 days  
a year

## How is this support delivered?

- Helpline open 24/7, 365 days a year
- Confidential, high quality in-house specialists
- Self-help resources and signposting
- Specialised therapy from a multidisciplinary team where needed
- Services are provided through our partner Vivup

The Health & Wellbeing Hub also provides a variety of informative podcasts, articles and videos to further support your physical, mental and financial wellbeing. With the aid of apps and workbooks, you can help yourself to overcome difficult times through expert advice, information and guidance

**You're not alone, we are here to help**

Visit the Health & Wellbeing Hub today  
**[sybhealthandwellbeinghub.tercltd.co.uk](http://sybhealthandwellbeinghub.tercltd.co.uk)**