



# The Humber, Coast and Vale Resilience Hub

If you are a health, care or emergency worker and struggling with the impact of COVID-19 **we are here to help**

We know it's not always easy to seek help, but it's never been more important for us to look after our own wellbeing. To help you do that, we can offer you and your family advice and support that can help with a range of issues from emotional wellbeing and bereavement to stress and burnout, debt or relationship issues.



Visit [www.hcvresiliencehub.nhs.uk](http://www.hcvresiliencehub.nhs.uk) for more information.  
You can also email [tewv.hcv-resiliencehub@nhs.net](mailto:tewv.hcv-resiliencehub@nhs.net)