

Feeling overwhelmed?

"Asking for help isn't
giving up," said the horse.



"It's refusing to give up."

Extracted from *The Boy, the Mole, the Fox and the Horse* by Charlie Mackesy

Local 1:1 wellbeing support is available for care home staff.

Call or text: 07971 794 065 to arrange support.

This dedicated line is staffed Mon to Fri, 9am - 5pm, or leave a voicemail 24/7.

For immediate support 24/7:

- National Wellbeing Hub - www.promis.scot, 0800 111 4191
- NHS Lan staff care - 01698 752000