

# Wellbeing

# Support for

# Healthcare

# Workers

## 0800 820 080

### **Supporting you so you can support New Zealand**

- Free access to psychological health and wellbeing support
- Available now - Call 0800 820 080
- Open Monday - Friday 9am to 7pm
- Tailored support for your needs
- Confidential and accessible to all frontline health professionals and care workers

**Call now to book an appointment with one of our experienced team of specialists**

Brought to you by HealthCare NZ and Ministry of Health

