



In the City, Hackney
and Waltham Forest

We understand that now more than ever, employees in all kinds of organisations may need **emotional support**.

Your wellbeing matters.



FREE support
for **your**
wellbeing

We are offering a **FREE** Covid-19 support package open to **ALL** employees:

help to **prevent** against the onset of mental health problems

support to develop **resilience**

counselling and training

To find out more,
contact: **Anne Thomas**

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City and Hackney
Clinical Commissioning Group