

SAMARITANS

Here to support NHS and social care workers in England



**Samaritans offers
a free, confidential
support line for
NHS and social
care workers.**

Our volunteers are here to support you when you've had a tough day, are feeling worried or overwhelmed, or just have a lot on your mind and need to talk it through.

Call our free confidential support line

0800 069 6222

7am to 11pm, 7 days a week

Samaritans is a registered charity

Working in
partnership

CARE

NHS