

SAMARITANS

# Here to support NHS and social care workers in England



Samartians 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**