



# Support for you

It's okay not to be okay. If you need it, support is there for you.

Access our trained mental health first aiders for reassurance and advice about where to get the help you need:



**[covidwellbeing.support@derbyshire.gov.uk](mailto:covidwellbeing.support@derbyshire.gov.uk)**



**01629 536969**

Or call our confidential employee assistance programme 24 hours a day, seven days a week to discuss any emotional or practical issues:



**0800 085 1376**

For more advice and information, including how to access our in-house counselling service, visit:

**[staff.derbyshire.gov.uk/your-wellbeing](https://staff.derbyshire.gov.uk/your-wellbeing)**