

Free wellbeing support for clinical staff



Providing clinical support to others can be physically and emotionally demanding. Don't be afraid to reach out for support if you need it.

Our **free** emotional wellbeing support service is here to help.

How does it work?

Send a quick email to wellbeing@justb.org.uk.

You'll receive a support call from one of our wellbeing specialists within **one working day**.

We can:

- provide emotional wellbeing support, information and advice
- signpost you to relevant services
- refer you into Just 'B's counselling service for up to six sessions.



 wellbeing@justb.org.uk

Service available until 31st July 2025