



keepingwell
support for health and care staff



**Feeling
stressed,
anxious or
low in
mood?**

**Free,
fast and
confidential
psychological
support**

Get help quickly, call:
Bedfordshire: 01234 880 400
Luton: 0300 555 4152
Milton Keynes: 01908 725 099

www.keepingwellblmk.nhs.uk



Keeping Well is a free confidential psychological support service run by care professionals for care professionals, in Bedfordshire, Luton and Milton Keynes