

# Stepped Approach - Support for CCS Staff

We're in the midst of unprecedented challenge and at times extreme stress. Being NHS workers doesn't make us immune to normal human reactions and emotion.

Support will mean different things at different times as we go through our own journey. Use the pyramid to identify the support you need and follow the links.

For the full Stepped Approach and more information visit  
[www.cambscommunityservices.nhs.uk/staff-health-and-wellbeing](http://www.cambscommunityservices.nhs.uk/staff-health-and-wellbeing)

