

Mental Health and Well-Being Hub for Staff



keepingwell
support for health and care staff

NHS

Feeling stressed, anxious or low in mood?

Free, fast and confidential psychological support

Get help quickly, call
01908 724227

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

Ref: 2359 | MAR2021

The poster has a teal background. At the top left is the 'keepingwell' logo with a speech bubble icon. At the top right is the NHS logo. In the center, a large white speech bubble contains the text 'Feeling stressed, anxious or low in mood?'. To its right, a smaller dark blue speech bubble contains the text 'Free, fast and confidential psychological support'. Below these, there is an illustration of a woman with dark curly hair, wearing a blue top, holding a smartphone. At the bottom, the text 'Get help quickly, call 01908 724227' is written in white, followed by the website 'www.keepingwellblmk.nhs.uk' in yellow. At the very bottom, a small line of text reads 'Keeping Well is a free confidential psychological support service run by care professionals for care professionals, in Bedfordshire, Luton and Milton Keynes'. On the right side, there is a vertical reference number 'Ref: 2359 | MAR2021'.

