



# The South Yorkshire ICB Health & Wellbeing Hub

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Access free support when you need it most with a dedicated Health & Wellbeing Hub

The hub is free to use for all NHS employees within the South Yorkshire region and offers:

- A helpline open 24/7, 365 days a year
- Confidential, high quality in-house specialists
- Specialised therapy from a multidisciplinary team where needed
- Self-help resources and signposting
- Podcasts, articles, videos and more

To access the service, simply call  
**0330 380 0658**



To find all support services available visit the  
Health & Wellbeing Hub today  
[sybhealthandwellbeinghub.tercltd.co.uk](http://sybhealthandwellbeinghub.tercltd.co.uk)

**You're not alone, we are here to help**