



# The Wellbeing Line

SELFCARE IS NOT SELFISH

## You don't need to struggle in silence

You care so much for others, it's time  
to let someone care for you

We offer confidential mental health and wellbeing support for **anyone working in health and social care** in Gloucestershire.

0300 421 7500

All calls are free and confidential



Now also  
supporting  
the VCSE  
sector

Email: [hello@thewellbeingline.co.uk](mailto:hello@thewellbeingline.co.uk)

Visit: [www.thewellbeingline.co.uk](http://www.thewellbeingline.co.uk)

