

Psychological Support Helpline

028 7161 1281
Choose Option 3

The helpline is open to all HSC staff including those within the Western Trust, local GP practices, Northern Ireland Ambulance Service and the Independent Sector.

Let us care for you, as you care for others.

Could you benefit from confidential support and advice to support your emotional health and wellbeing?

Available Monday to Friday 9am to 5pm.



#We Are With
YOU

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