

STRESSED
ANXIOUS
OVERWHELMED
STRUGGLING TO SLEEP
NO MOTIVATION



Our **Psychological Support and Counselling (PSC) service** is a confidential, evidence-based therapy and support service for all UHD staff experiencing stress and mental health concerns.

We provide assessment, intervention, referral, and signposting to promote emotional and psychological wellbeing.

Email psychological.support@uhd.nhs.uk on your work or personal email and we will send you a self-referral link.



Scan to self-refer



**Psychological Support
and Counselling Service**

**We are
here to
help you**