NHS
University Hospitals Dorset
NHS Foundation Trust

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.

Scan to self-refer

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

Staff Psychological Therapies

We are here to help you