

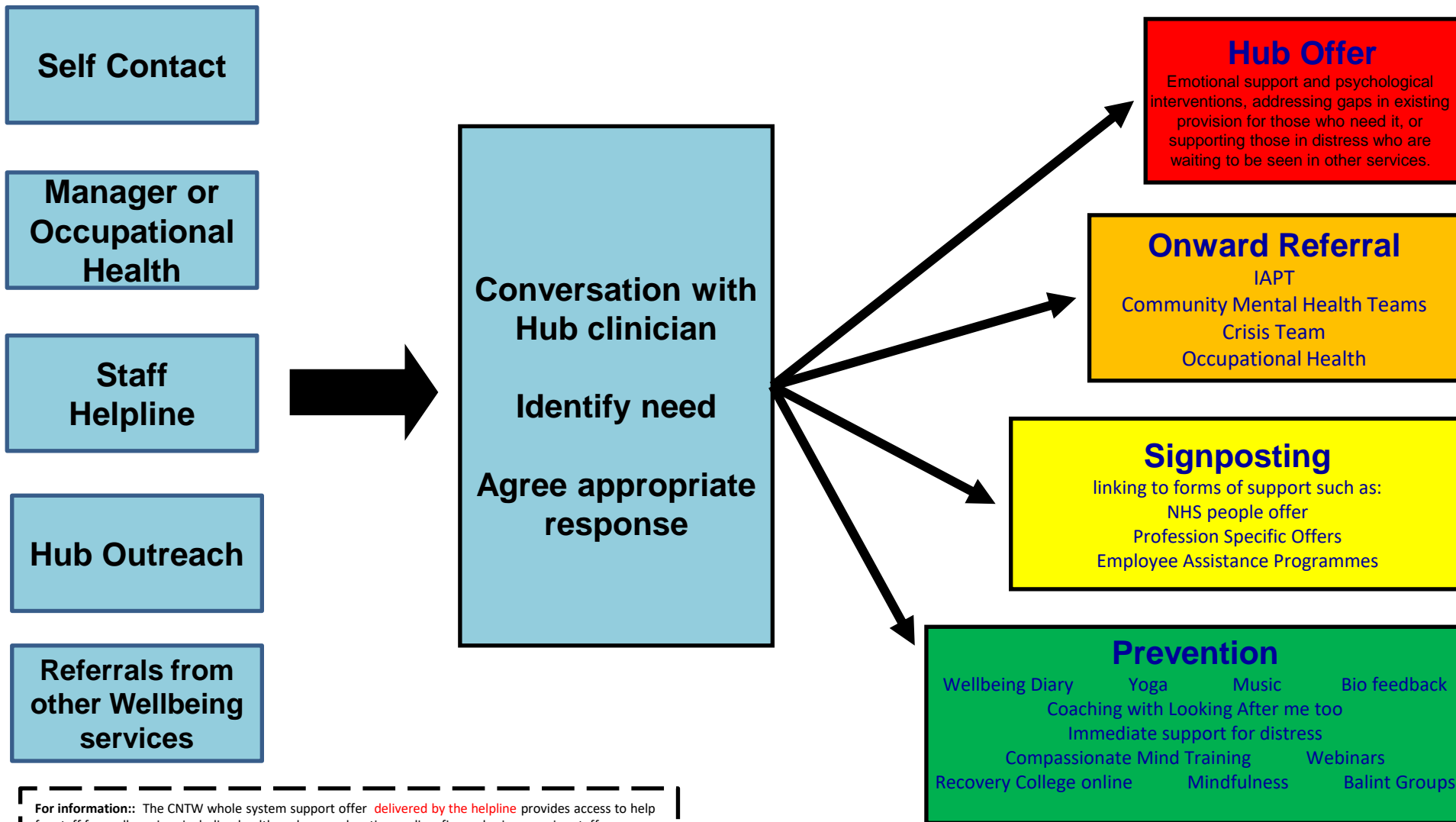
The Staff Wellbeing Hub

Helping health and care staff in the North East and North Cumbria to stay mentally well throughout the pandemic.

There's strength in asking for help. #HubsTheWord

[Click to find support](#)

North East and North Cumbria Staff Wellbeing Hub Process to Access the Hub and Services We Offer



For information:: The CNTW whole system support offer **delivered by the helpline** provides access to help for staff from all services including health and care, education, police, fire and prison service staff. The North East and North Cumbria Integrated Care System staff wellbeing hub provides support for our regions health and care staff.

Helpline: 0191 223 2030 email address: necsu.nencicsmentalhealth@nhs.net