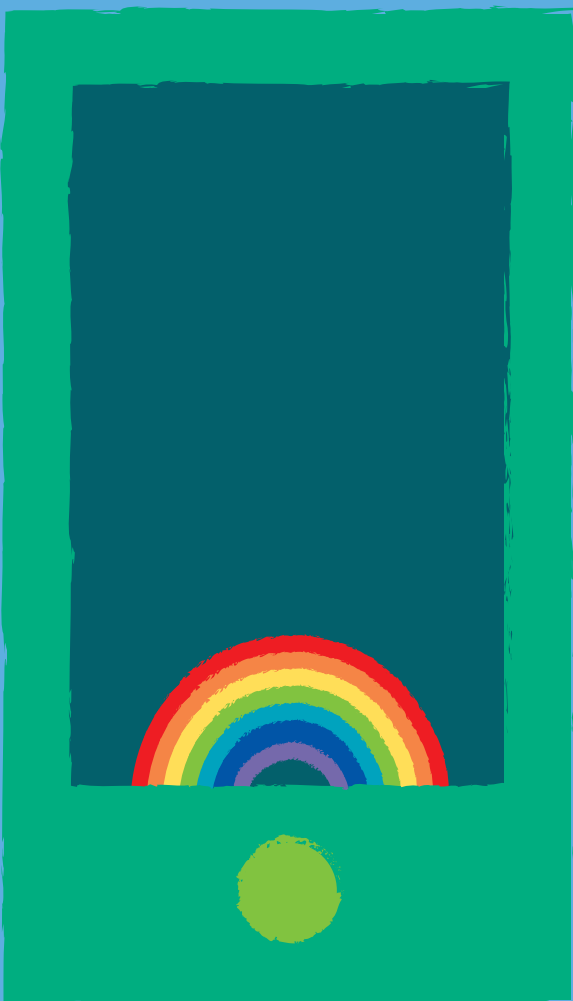


# Here to support NHS and social care workers



**Samaritans has  
launched a new  
confidential support  
line for NHS and  
social care workers.**

Our volunteers are here to support you when you've had a tough day, are feeling worried or overwhelmed, or just have a lot on your mind and need to talk it through.

Call free

**0300 131 7000**

**7am to 11pm, 7 days a week**

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Working in partnership



Samaritans is a registered charity