



It's OK not to be OK

But what can I
do about it?



If you have a problem,
just simply speaking to
someone else can often
make it easier.

**Family, friends,
work colleagues**

Your line manager

**EEAST Being Well Team at
wellbeing@eastamb.nhs.uk**

If you have a concern
you think you can't
solve, call:

0808 196 2374

You, or your immediate family,
can call the confidential Employee
Assistance Programme (EAP) to
discuss all types of personal issues
(financial, parenting, legal and
family advice).

When life gets too
tough, call:

0808 196 2370

If you don't know what to
do or who to turn to, call the
EEAST Crisis Line.