

# COVID-19 has affected us all

Health and wellbeing support is available



**Our NHS people have accessed resources more than half a million times**

- Confidential emotional support
- Free evidence-based apps
- Webinars, guides, coaching and more

 0800 0696 222

 'frontline' to 85258

 [people.nhs.uk](https://people.nhs.uk)



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# Reception



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