



# Are you...

fed up  
and tearful

in pain  
all the time

worried  
all  
the time

stressed

lonely

unable  
to sleep

unable to  
cope  
with work

The Wellbeing Team can help you work out how to feel better...

**To refer yourself to this free service please call 0300 777 0707**  
or visit [www.hpft.nhs.uk](http://www.hpft.nhs.uk) under 'What are you looking for?' click 'Herts Self Referral form'

Our  values

Welcoming Kind Positive Respectful Professional