

**Do you  
want to  
improve your  
wellbeing and  
resilience?**

**Free, fast and  
confidential  
psychological  
support**



### **Live Chat**

**Chat with us online**

Monday to Friday  
9am to 5pm



### **Call us**

**0300 123 1705**

Monday to Friday  
9am to 5pm



### **Email**

**keepingwell.nwl@nhs.net**

Email us for  
help and support

Keeping Well NWL is a free confidential wellbeing support service run by health care professionals for care professionals, in North West London.

This is a NHS funded service in response to the Covid-19 outbreak.

**[www.keepingwellnwl.nhs.uk](http://www.keepingwellnwl.nhs.uk)**



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Have you  
been feeling  
stressed,  
anxious or  
low in mood?



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