

Free, fast and  
confidential  
psychological  
support

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



### 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](mailto: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)

