



Need to talk?

The Staff Health & Wellbeing Service

is here to support you

If you work or volunteer for Swansea Bay UHB and need to speak with someone about how you are feeling and the impact the current COVID-19 situation is having, please get in touch.

Monday—Friday (exc. Bank Holidays) 8am—8pm

Internal line: 44568

SBU.StaffWellbeing@wales.nhs.uk

For more resources please see the dedicated Staff Wellbeing—COVID Page under Hot Topics on the intranet.

For Spiritual and Chaplaincy Support please call

33301 08:30am —16:30pm

For additional staff support overnight, please call the Morriston switchboard and ask for the on-call Chaplain

Check out the HEIW All Wales Wellbeing resources by scanning the QR code



24/7 Support and Advice contact the Samaritans on 116 123



@SBUHBWellbeing

