



# 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) 9am—5pm

External line: 01639 684568

Internal line: 44568

[SBU.StaffWellbeing@wales.nhs.uk](mailto: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 or 01792 703301 08:30am —16:30pm

For additional staff support overnight, please call the Morriston switchboard 01792 702222 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



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Bae Abertawe  
Swansea Bay University  
Health Board

@SBUHBWellbeing

