



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.

Day & Time	Who to call...
7 days a week incl. Bank Holidays 07:00—21:00	External line: 01639 684568 Internal line: 44568

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 out of hours Spiritual and Chaplaincy Support please contact the Switchboard who will transfer you to 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

