

# Help when you need it

Specialist psychological support for Greater Manchester health and care staff affected by critical incidents or traumatic events in work.

Consultation, one-to-one and group support for individuals, teams and managers.

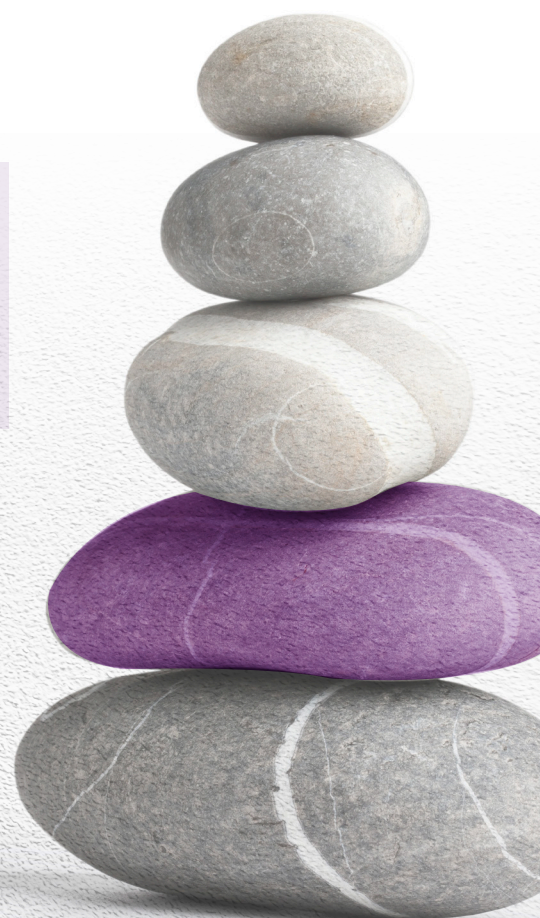
**Reach out. Talk to us.**

**Phone:** 03330 095 071

**Email:** [GM.help@nhs.net](mailto:GM.help@nhs.net)

**Web:** [penninecare.nhs.uk/gmrh-staff](http://penninecare.nhs.uk/gmrh-staff)

**Or scan the QR  
code for more  
information**



**Critical Incident and Trauma Service**