



## The Humber, Coast and Vale Resilience Hub

If you are a health, care or emergency worker and struggling with the impact of COVID-19 **we are here to help**



Visit [www.hcvresiliencehub.nhs.uk](http://www.hcvresiliencehub.nhs.uk) for more information.

You can also email [tewv.hcv-resiliencehub@nhs.net](mailto:tewv.hcv-resiliencehub@nhs.net)

### Struggling with the impact of COVID-19?

Don't struggle alone - the Resilience Hub is here to support you.  
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