



# HERE FOR YOU

Staff wellbeing helpline during COVID-19

**0131 451 7445**

Available for Ambulance staff based in Lothian, Borders, Fife, Forth Valley and Tayside

If you are worried, anxious or stressed and need a listening ear from experienced clinicians please call our staff wellbeing helpline, Here For You.

Lines are open Mon–Fri , 8am-6pm  
If you can't call between 8am and 6pm, please email your contact details to [Here4U@nhslothian.scot.nhs.uk](mailto:Here4U@nhslothian.scot.nhs.uk).