




# Feeling overwhelmed?

**Health for Health Professionals Wales** is a free, confidential service providing access to mental health and wellbeing support for all NHS Wales staff, students and volunteers.

## For more information visit:

 [HHPwales.nhs.wales](https://hhpwales.nhs.wales)

 **HHP Wales Opening hours:**  
9am-5pm Monday to Friday  
Closed on Bank Holidays

 0800 058 2738  
 [HHPCOVID19@cardiff.ac.uk](mailto:HHPCOVID19@cardiff.ac.uk)

**Out of hours:**

[hhpwales.nhs.wales/help/](https://hhpwales.nhs.wales/help/)






# Gwaith yn llethol?

Mae **Iechyd i Weithwyr Iechyd Proffesiynol Cymru** yn wasanaeth cyfrinachol rhad ac am ddim sy'n rhoi mynediad at gymorth iechyd a lles i holl staff, myfyrwyr a gwirfoddolwyr GIG Cymru.

## I gael rhagor o wybodaeth ewch i:

 [HHPwales.nhs.wales](https://hhpwales.nhs.wales)

 **Oriau agor HHP Cymru:**  
9yb-5yp dydd Llyn i ddydd Gwener  
Ar gau ar wyliau banc

 0800 058 2738  
 [HHPCOVID19@cardiff.ac.uk](mailto:HHPCOVID19@cardiff.ac.uk)

**Y tu allan i oriau:**

[hhpwales.nhs.wales/help/](https://hhpwales.nhs.wales/help/)

