




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

Out of hours:

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'r holl staff, myfyrwyr aagwirfoddolwyr GIG Cymru.

I gael rhagor o wybodaeth ewch i:

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

 **Oriau agor HHP Cymru:**
9am-5pm Dydd Llyn.i Ddydd Gwener
Ar gau ar wyliau banc

 0800 058 2738
 HHPCOVID19@cardiff.ac.uk

Y tu allan i oriau:

hhpwales.nhs.wales/help/

