

## Have you experienced a bereavement during the COVID-19 pandemic?

Do you work in health, care or emergency services across North Yorkshire, Vale of York and Humberside? We can help...

The Humber, Coast and Vale Resilience Hub supports health, care and emergency workers and their families who have been impacted by COVID-19.

Our COVID-19 bereavement support group offers a safe and supportive environment where you can discuss and share your experiences with others.

Groups take place on a Monday between 4 - 5pm



If you think you would benefit from joining one of our groups you can register your interest by visiting our website, emailing us or calling us on the number below.

## 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 for more information You can also email: tewv.hcv-resiliencehub@nhs.net