

“My phone calls with the clinician were very helpful. She was very easy to talk too. Helped me with different strategies which I am still working with.”

“It is fantastic to have this support at such a hard time. It was really helpful to talk to someone impartial and it makes me feel we are supported”

“It felt good to be able to talk about how I'm feeling and just being able to understand more about my anxiety”



“Very useful self-help information provided by staff which has helped me identify ways to cope better.”

Grampian Psychological Resilience Hub



Did you know...?

The Hub was set up to directly respond to the COVID-19 pandemic. It is led by senior psychologists from Grampian and staffed by a range of professional groups. As of January 2021 the Hub has supported over **2350** people.

The Hub is for all adults, children and young people in Grampian and Orkney who need support to manage feelings that have become difficult due to the COVID 19 pandemic.

You can complete a self-referral or access self-help resources at:

nhsgrampian.org/covid-19/covid-19-public-information/subpages/mental-health-support

