

## Free Service for NHS Staff

There'll be times during this crisis when you may feel that you cannot handle any more, especially as you encounter situations that you have not contemplated before.

Please please use your in house counselling service as they will be geared up for this. However there may be times where nothing seems to help, if this happens please contact me anytime. If you text my mobile 07594252132 we can set up FaceTime or WhatsApp. I have extensive experience and have helped many people who have used the traditional services without success. My method helps and works in an extremely short time.

I am classed as venerable due to age, however I still get paid by the Civil Service so this is my way of giving something back.

Chris