



**Humber and North Yorkshire**  
Health and Care Partnership

# **The Humber, Coast and Vale Resilience Hub Team Support**

**The Humber, Coast and Vale Resilience Hub supports teams working in health, care and the emergency services across the Humber, Coast and Vale region.**

**The Resilience Hub offers training, teaching, supervision and outreach to teams, bespoke to your teams specific needs.**

**This includes teaching on Personal and Team Resilience, Trauma Informed Care and Systems, Compassion Focused Practice and Leadership. As well as, Reflective Practice and one-off team support sessions.**

**If you think your team would benefit from our bespoke team support please register your interest by emailing us on the address below to arrange an initial consultation.**



## **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](mailto:www.hcvresiliencehub@nhs.uk) for more information

You can also email: [tewv.hcv-resiliencehub@nhs.net](mailto:tewv.hcv-resiliencehub@nhs.net)