

Care workers support sessions



To help you

Stay mentally strong

NHS **CARE**

FREE
in the app and
on YouTube

To help all care workers manage their anxieties,
and emotional and physical stress right now.
With the help of ICU nurses we've designed
three new **hypnotherapy sessions**:

Start the shift strong
5 minute reset for a better break
Shake off the shift

The new sessions are **FREE** in the app and
on YouTube. Please share with friends in need.

Find out more at clementineapp.co.uk

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