

# LET'S KEEP TALKING



**No matter what  
life has thrown at  
us this year, you can  
still make ends meet.**

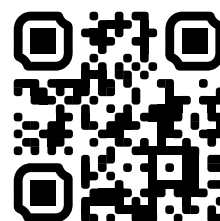
**Reach out and have  
the chat you've been  
meaning to have.**

If you're struggling to cope then call the LSCFT  
mental health crisis line **0800 953 0110**

or text **HELLO** to the Wellbeing & Mental  
Health Texting Service on **07860 022 846**

or call Samaritans on 116 123

Scan the QR  
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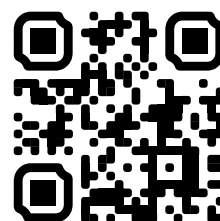
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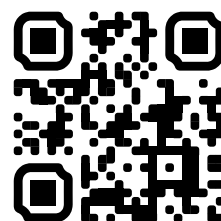
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**Talking to others can  
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**Have a chat with  
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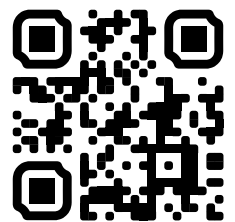
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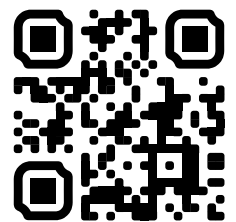
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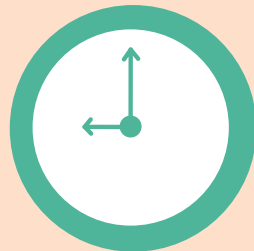
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**The pandemic  
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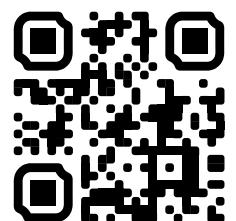
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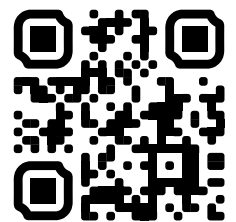
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**Our health and our finances have taken a hit during coronavirus.**

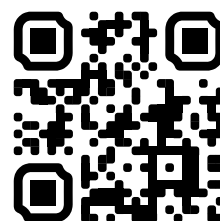
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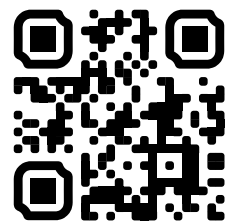
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