

LET'S KEEP TALKING



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

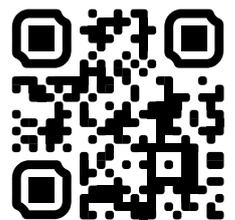
Reach out and have the chat you've been meaning to have.

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 code for a list of services in your area



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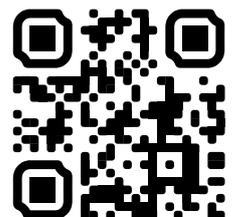
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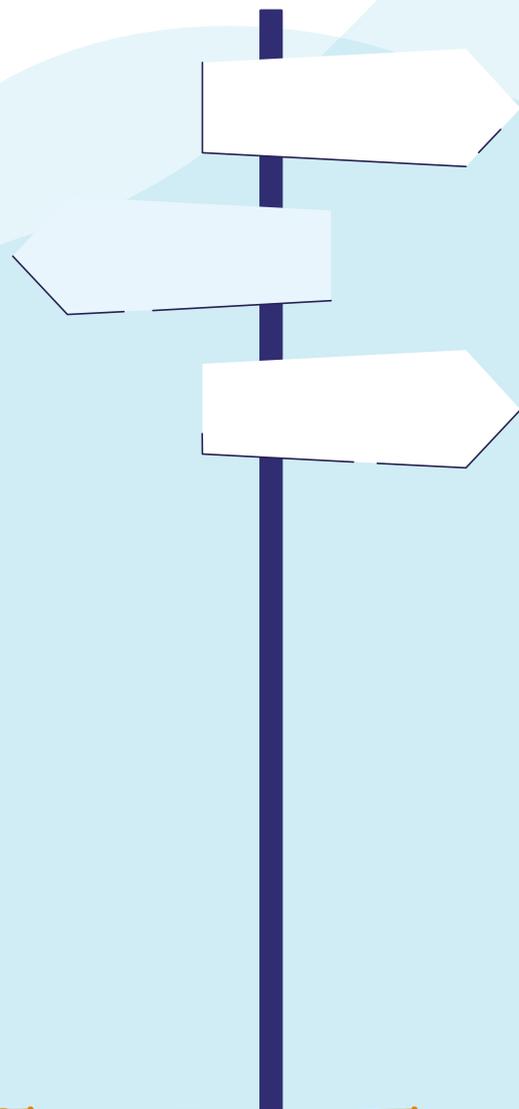
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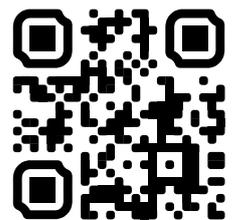
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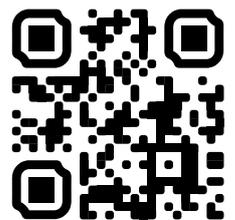
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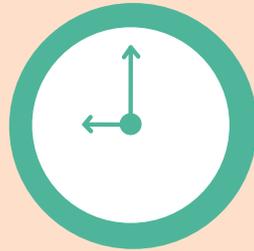
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**The pandemic
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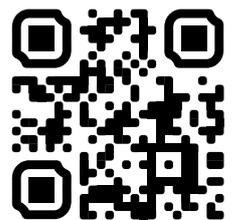
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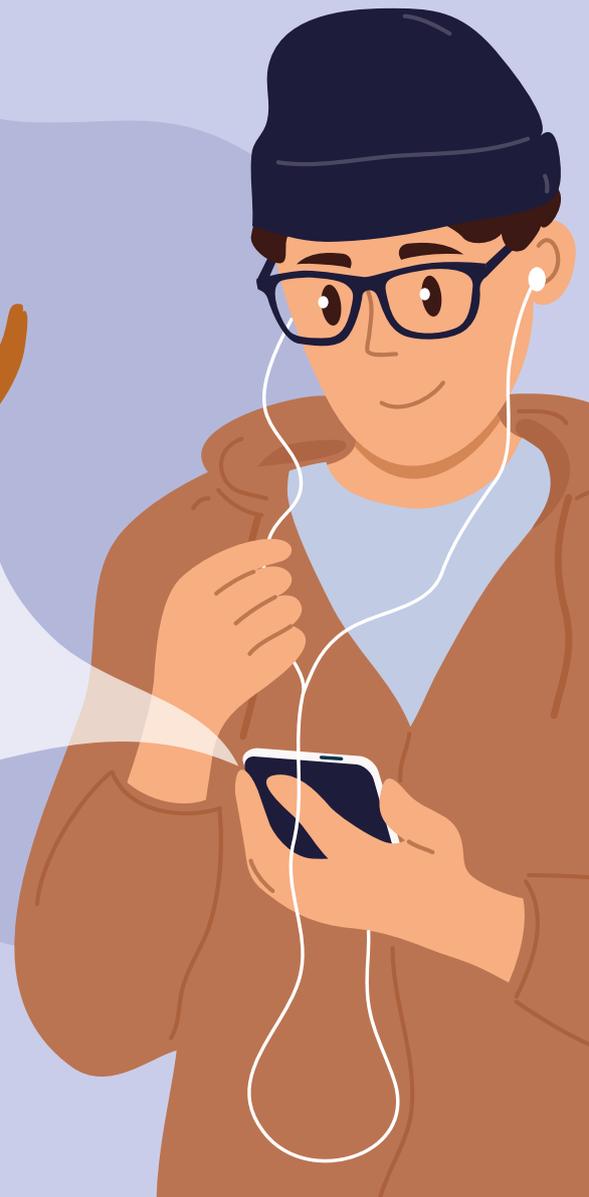
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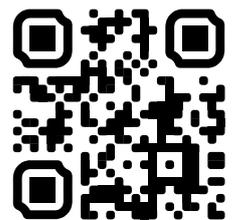
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Our health and our finances have taken a hit during coronavirus.

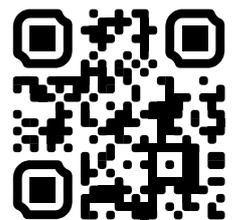
Share the load – talk to a friend or family member about what you're going through.

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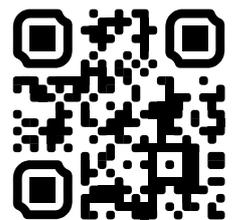
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