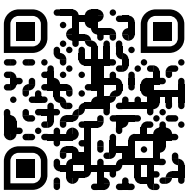




# LET'S KEEP TALKING

In these uncertain  
times, things  
might be difficult.

Talk to someone  
about it.



If you need support

**CALL:** Samaritans **116 123** to talk to someone 24/7

**TEXT:** 'SHOUT' to **85258** for free support 24/7

**SCAN:** the QR code for mental health crisis lines

**VISIT:** [www.happyoksad.org.uk](http://www.happyoksad.org.uk) for details of  
mental health and wellbeing services

**KIND**  
TO  
YOUR **MIND**

Brought to you by your local council and  
the NHS in Cheshire and Merseyside