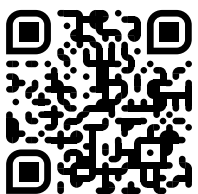




LET'S KEEP TALKING

Things might
not feel normal
at the moment.

If you are
worried
or anxious
please talk to
someone.



CALL: Age UK's Advice Line 0800 678 1602
open 8.00am-7.00pm every day, calls are free

CALL: The Silver Line 0800 4 70 80 90 free
a 24/7 friendship service for people aged 55+

VISIT: www.happyoksad.org.uk for details
of mental health and wellbeing services

SCAN: the QR code for mental health crisis lines

KIND 
TO
YOUR **MIND**

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