

# MENTAL HEALTH HELPLINE

**24 HOURS A DAY  
7 DAYS A WEEK**

The coronavirus outbreak is worrying for us all. Now more than ever, we need to look after our mental health.

Get in touch if you are feeling distressed, overwhelmed or low, if you are struggling with relationships, feeling helpless or confused.

**ADULTS: 01865 904997**

**CHILDREN AND YOUNG  
PEOPLE: 01865 904998**