

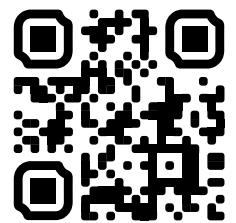
LET'S KEEP TALKING

**Money
problems
keeping
you awake
at night?**

**You're
not alone.**



**Avoid sleepless nights, talk
to someone or a friend if you
are worried about money.**



SCAN HERE

for a list of services in your area

If you're struggling to cope then call
the LSCFT mental health crisis line

0800 953 0110

or contact Citizens Advice

www.citizensadvice.org.uk or call the
national debt helpline on **0808 808 4000**



**Lancashire and
South Cumbria**
Health and Care Partnership

healthierlsc.co.uk/MentalHealthSupport