

# LET'S KEEP TALKING

**Constantly  
worrying  
about  
money**

**You're  
not alone.**



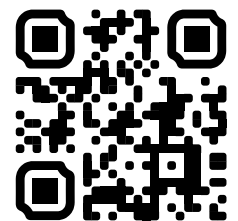
**Most debt issues can be  
sorted, and it will help  
to talk to somebody.**

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](http://www.citizensadvice.org.uk) or call the  
national debt helpline on **0808 808 4000**



**SCAN HERE**

for a list of services in your area



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

[healthierlsc.co.uk/MentalHealthSupport](http://healthierlsc.co.uk/MentalHealthSupport)