

LET'S KEEP TALKING

Constantly
worrying
about
money

You're
not alone.



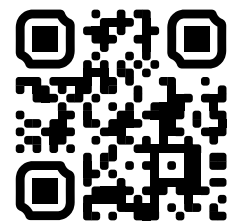
Most debt issues can be sorted, and it will help to talk to somebody.

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 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