

LET'S KEEP TALKING

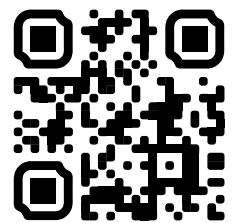
Christmas is a time of giving - but don't give yourself a headache in the New Year with bills you can't afford.



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