

LET'S KEEP TALKING

**This Christmas
don't 'buy now'
and then have
to worry about
how you'll pay
for it later.**



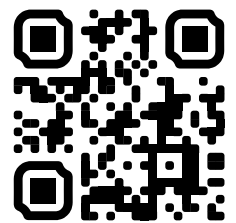
**Most debt issues can be
sorted, and it will help
to talk to somebody.**

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