

LET'S KEEP TALKING

Thinking
about buying
now and
paying
later this
Christmas?

Don't!



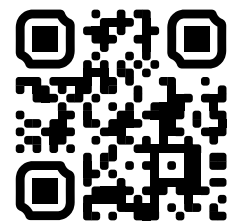
Most debt issues can be
sorted, and it will help
to talk to somebody.

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