



We Care About You

You don't have to feel alone during difficult times

If you have a smartphone, you can scan the QR code by using your camera, to access the details of some national and local services providing key support, information and helplines on various topics such as:

- **FEELING UNSAFE**
- **MENTAL HEALTH**
- **PHYSICAL HEALTH**
- **FINANCES**
- **SUBSTANCE MISUSE**
- **HOUSING**
- **EXPERIENCING ABUSE**
- **LGBTQ+**
- **EATING DISORDERS**

