**BritishRedCross** 

## If you need to talk, we're here to <u>listen</u>

If you're feeling lonely or worried, finding it difficult to access food or medication, or are concerned about someone else who is – we can provide support.

Call our free and confidential coronavirus support line on **0808 196 3651** to chat to a friendly British Red Cross volunteer. They can:

- help with practical information and advice
- give you emotional support
- connect you with support in your area.



## The phone line is open daily from 10am to 6pm.

## Phone: 0808 196 3651 Free and confidential

## For more information please visit: redcross.org.uk/coronavirus-support-line

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