

**Feel like things  
are getting on  
top of you?**

**Whatever's  
bothering you...  
it's okay to talk.**



**Access **free** support and  
lighten your load**

**Help in a crisis, call 0808 196 3779**



### **NottsCC Cost of Living**

Support with debt and the cost of living



### **AskLion**

Financial advice in Nottingham City



### **NHS every mind matters**

Look after your mental wellbeing



**Mental health support**  
in Nottingham & Nottinghamshire



**Nottinghamshire Talking Therapies**  
offer a variety of different services