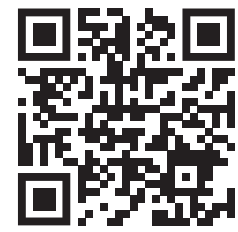


**Feel like things  
are getting on  
top of you?**

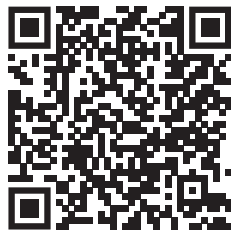
**Whatever's  
bothering you...  
it's okay to talk.**



**NottsCC Cost  
of Living**  
Support with debt and  
the cost of living



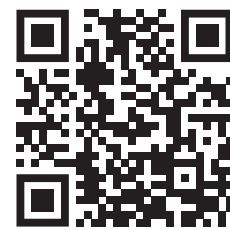
**NHS every  
mind matters**  
Look after your  
mental wellbeing



**AskLion**  
Financial advice in  
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**Nottinghamshire  
Talking Therapies**  
offer a variety of  
different services



**Mental health support  
in Nottingham &  
Nottinghamshire**

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

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

D&P/9045(b)