

You may want to talk to someone about this. You may have worries or concerns you want to discuss with someone who will listen and understand.

We can:

- » Listen to your worries
- » Help you understand what is happening step by step
- » Give advice and information
- » Help with contact (letterbox and direct)

A worker from the team can arrange to meet you, listen to you and give advice, information and ...



How do you get in touch?

You or someone on your behalf with your agreement can contact our duty worker on **01495 355766** or text **07805 772498**.