

Are you
feeling
the strain
this
winter?



The economic fallout of the pandemic, along with lockdown restrictions and what seems like a constant stream of bad news, has put pressure on our mental and physical wellbeing.

If you are feeling the strain, a wide range of local support is available to help you.

Social care

If you, or someone you know, needs some social care support over the winter please call the Health and Social Care Partnership's Access Team on **0345 30 111 20** or visit www.pkc.gov.uk/earlyintervention

Mental health support

If you feel you need some mental health support you can access local services by calling **0345 30 111 20**. You may also find it helpful to talk to your GP, or NHS 24 (call **111**). You can also phone one of the helplines below:

- Breathing Space: **0800 83 85 87**
- Samaritans: **116 123**
- Childline: **0800 1111**

PKAVS

PKAVS is a charity that helps over 5,000 local people through its hubs for carers; young carers; minority communities; mental health & wellbeing

PKAVS can connect people to a wide range of local support organisations. Contact them on **01738 567076** or visit www.pkavs.org.uk/ to find out how they can help you.

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