

If you need to talk, we're here to listen

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