



Stressline

Worried about money,
your job or losing your home?
So much you can't sleep?
Or fear the worst?

Talk to us.

Call 0300 123 2000

8am to 10pm, 7 days a week

Are worries about money, your job or maybe losing your home causing you to feel stressed and affecting your health? If so, you can call the NHS Stressline. Trained health advisers will listen to you, provide you with immediate support and offer encouragement to help you access the resources and services that can help. Whatever your problem, no matter how big or how small, we will offer you practical advice and point you to where you can get help to address your worries about money, debt or employment.

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Calls should cost the same as those to standard landlines and may be part of your call package. Costs from mobiles may vary.

www.nhs.uk/financialstress