



Caring for People Helpline now offers Emotional Support service

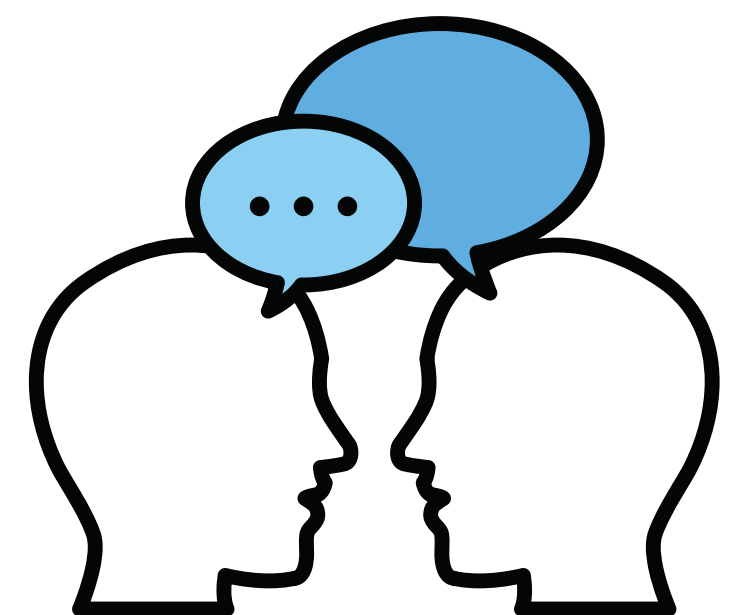
Are you feeling anxious or stressed?
Do you need help finding emotional support?

Helpline: 01546 605524

We can help direct you to a range of support and services both local and national to help you to cope:



Information
Helplines
Self help tools



1 to 1 support from national organisations
Peer support

Helpline: 01546 605524 9-5pm Mon- Fri

Webpage: <https://www.argyll->

[bute.gov.uk/coronavirus/help-for-communities](https://www.argyll-bute.gov.uk/coronavirus/help-for-communities)