

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](http://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/](http://www.pkavs.org.uk/) to find out how they can help you.

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