



Sometimes I just feel
emotionally exhausted

I'm really **worried** about
coronavirus and the
lockdown

Thinking about the future
makes me feel **anxious**

Sorry to hear that,
you should **call the**
Nottinghamshire
Mental Health Helpline

You talk, we listen, we help.

 **0300 555 0730**

Call to speak to one of our experienced support workers,
they're here to give you emotional advice and support,
available 7 days a week

www.turning-point.co.uk/nottingham-helpline


Nottinghamshire Healthcare
NHS Foundation Trust

**TURNING
POINT**
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