

Do **you** need to talk about anything?

health/bills/
self-harm/debt/assault
/money problems/housing/
career development/counselling
/pregnancy retirement/
/bullying/ depression/
your job getting legal
advice/care
/knife crime/
working hours/
/assault/drugs/
alcohol/illness/
counselling/
/training/
addiction
/racism/

your future/
family/debt
/gun crime/
health/your
money/the
recession/...

retailtrust
helpline

0808
801
0808

Totally free, confidential
and independent

Text HELPLINE to 88010*
helpline@retailtrust.org.uk
www.retailtrust.org.uk

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*Standard network rates apply