

**JUST 'B'**



# Hear to Help

**Do you need a moment to talk?**

Hear to Help is a helpline providing support and advice to those who are feeling anxious or struggling with their emotional wellbeing around the Coronavirus outbreak.

**Available to children, young people and adults across the Harrogate District, 8am-8pm, seven days a week.**

A service provided by Just 'B', part of Saint Michael's Hospice. Calls are charged at local rates and may vary dependent on time of day and or even be included within your call package.

Please visit Ofcom for further details <https://bit.ly/localcallcharges>

**(01423) 856 799**

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