

# Struggling with anxiety or feeling isolated?

We're all trying to navigate this difficult time. **Guideposts** can help.

- ✓ Talk with us about what's affecting you
- ✓ Learn useful techniques to tackle anxiety or stress
- ✓ Explore your support options: practical, social and financial

Our free helpline is available 9am-5pm Mon-Fri - just call

# 0800 048 7035

or email [gis@guideposts.org.uk](mailto:gis@guideposts.org.uk)

