



CONNECT HELPLINE

**EMOTIONAL
SUPPORT AND
INFORMATION**

**LEEDS
SURVIVOR-LED
CRISIS SERVICE**

WWW.LSLCS.ORG.UK

EMOTIONAL SUPPORT AND INFORMATION

Connect Helpline is a **free** telephone service for anyone living in Leeds who needs someone to talk to about issues or concerns, which may mean you:

- just need someone to talk to
- are feeling desperate, angry, lonely, anxious or stressed out
- feel isolated and have nowhere to turn

The **free Connect Helpline** is open every night of the year at times when many other services are closed.

FREEPHONE

0808 800 1212

6PM-2AM EVERY NIGHT OF THE YEAR

ONLINE MESSAGING SUPPORT WWW.LSLCS.ORG.UK

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EMOTIONAL SUPPORT AND INFORMATION

You may be caring for someone who has emotional problems – they rely on you – but who's there for you?

If you live in Leeds and care for a family member or a friend whose life is affected by mental or emotional distress **Connect Helpline** can offer you support and information.

This **free** service is confidential and open every night of the year at times when many other services are closed.

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