



**Croydon Talking Therapies
Staff Support Line
020 3228 0529**

Feeling stressed, anxious, worried?
Noticing an impact on your mood?
Just need someone to talk to?

The Support Line hosted by Croydon Talking Therapies is open Monday – Friday between 9.00am – 5.00pm.

Simply call **020 3228 0529** to get support when you need it.