



# Helpline

## Free. Confidential.

**THE PRINTING CHARITY'S CONFIDENTIAL, FREE HELPLINE PROVIDES EMOTIONAL SUPPORT 365 DAYS A YEAR**

The Printing Charity's free helpline provides confidential, emotional support **365 days a year**. We are also here to help you find practical ways forward when you feel overwhelmed or just need some advice.

[www.theprintingcharity.org.uk/helpline](http://www.theprintingcharity.org.uk/helpline)

Open to everyone working in the sector and immediate family members.

**Help and advice includes:**

- **Wellbeing**
- **Personal finance**
- **Changes at work**
- **Family & Personal**
- **Legal**
- **Counselling**

 **Printing Charity**  
Welfare. Education. Heritage.

Registered as a charity in England and Wales No. 208882.

Free to call on most mobile networks