

# take-30

AND LET'S TALK

**OVERWHELMED** with COVID-19 and how it affects you and your loved ones?  
**LOCK-DOWN** rules making you feel stressed or anxious?  
**NEED** to talk things through to get **SOMETHING** off your chest?

**DON'T BOTTLE THINGS UP, CALL OR EMAIL THE TAKE-30 SERVICE  
TO ARRANGE A ONE-OFF CONFIDENTIAL CONVERSATION,  
NO NEED TO GIVE LOTS OF PERSONAL INFO,  
JUST A FIRST NAME AND TELEPHONE NUMBER  
(SAME DAY IF REQUESTED BEFORE 4PM).**

**ISOLATED** and disconnected from 'normal life' and society?  
**CONCERNED** about loved ones catching the COVID-19 virus?  
**ANXIOUS** about the current climate and the year ahead?

**CONTACT US NOW – WE ARE HERE TO LISTEN**

E: [info@lincslmc.co.uk](mailto:info@lincslmc.co.uk)

T: 01522 576659

Take-30 is a new, free service aimed at providing confidential peer support for busy GP's, Practice Managers, Nurses & All Other Practice Staff Members as they work through the challenges of COVID-19.

For more information go to:  
[www.lincslmc.co.uk](http://www.lincslmc.co.uk)