

take-30

AND LET'S TALK

OVERWHELMED at work or with life in general?
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
(Receive a response within 24 hours)**

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

T: 01522 576659

Take-30 is a free service aimed at providing confidential peer support for busy GP's, Practice Managers, Nurses & All Other Practice Staff Members as they work through daily challenges. Available 10am-4pm, Monday to Friday.

For more information visit:
www.lincslmc.co.uk