



SPEAK OUT HELPLINE AND SUPPORT

For people with learning disabilities during the Coronavirus outbreak



WE CAN HELP IF YOU NEED:



Information about the Coronavirus and how to look after yourself



Help to deal with a problem or get more support



Someone to talk to - we can call you regularly for a chat



Connect with other people - you can join our virtual groups and social media for a chat, fun and companionship.



CALL US ON:

01273 421921

Open **9am-5pm** Monday to Friday

Please check our website for weekend helpline times and more information about our support

 www.bhspeakout.org.uk  **Brighton and Hove Speak Out**



Charity Registration No 1079669
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