COVID-19 and Anxiety: social toolkit

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| **Copy** | **Image/Alt Text** |
| It’s a strange time for us all at the moment: if you’re stressed, worried or low, there’s always someone available to talk, 24/7.  More info: https://bit.ly/mentalhealthspt | Alt text: A graphic with a purple background and soft geometric shapes. The graphic has the Stockport Council logo and the words, ‘Advice if you’re feeling stressed, worried or low. Find out more.’ |
| No matter what the future holds, there’s free support for you in Stockport. If stress/worries/sadness are getting you down, talk to someone who’ll understand: https://bit.ly/mentalhealthspt | Alt text: A graphic with a turquoise background and soft geometric shapes. The graphic has the Stockport Council logo and the words, ‘Support if you’re feeling stressed, worried or low. Find out more.’ |
| Watching the news can be stressful at the moment. If it’s all getting a bit too much, help is available: https://bit.ly/mentalhealthspt | Alt text: A graphic with an orange background and soft geometric shapes. The graphic has the Stockport Council logo and the words, ‘Help if you’re feeling stressed, worried or low. Find out more.’ |

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