

# Check-in and Chat

The impact of COVID-19 is being felt everywhere, including St Helens. Self-isolation can bring with it loneliness, and a feeling of loss of connection with your community.

## We are here to help

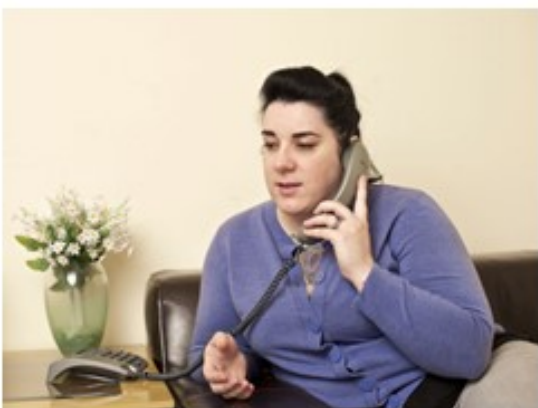
You may be surprised that St. Helens Mind doesn't just help people who are experiencing mental health difficulties. We are also here to help you to maintain your mental wellbeing, by tackling issues like loneliness and isolation that can lead to stress and anxiety.

We are currently offering a regular, friendly phone call from one of our police checked and trained volunteers, to help keep you connected, share your thoughts, or just have a chat and a laugh - vital in these difficult times.

*We hope we can brighten your days.*

To enable us to do this, we have been fortunate to have been awarded grants for 3 months from the *Community Foundation for Merseyside*, the *National Lottery* and *Pilkington Charities' Fund*.

If you feel that you, or someone you know, would benefit from a friendly telephone call on a regular basis, please get in touch.



**Telephone Gill: 07912 059 872**  
**Email [sue@sthelensmind.org.uk](mailto:sue@sthelensmind.org.uk)**

You can also send a message from the Facebook page or website: [www.sthelensmind.org.uk](http://www.sthelensmind.org.uk)

