



# Twilight Sanctuary

*"Support For When You Need It"*

Adult Mental & Emotional Wellbeing Out Of Hours Service

Tel:01554 253 193

Are your thoughts getting too much? Do you need someone to talk to?

Twilight Sanctuary provides a safe friendly place for you to come and talk your troubles through.

Do you have any questions or concerns around any of the following;

- ❖ Mild to Moderate depression
- ❖ Stress and/or Anxiety
- ❖ Financial Worries
- ❖ Relationships
- ❖ Bereavement
- ❖ Low Mood
- ❖ Isolation
- ❖ A Carer
- ❖ General Support



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