Are you part of the Farming Community?

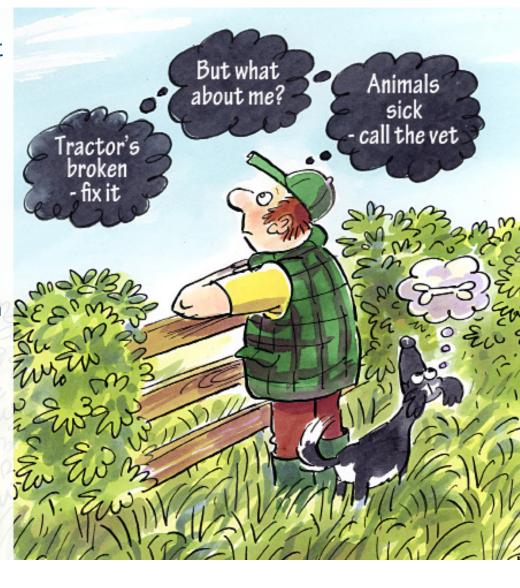
Your health and wellbeing is important too.

Where would you go for information and advice?

Healthwatch
Gloucestershire can
provide you with
information about health
and social care services
locally to help you make
informed choices.

We can put you in touch with the right people.

If you are feeling low and need someone to talk to, call:



'Let's Talk' 0800 073 2200





Samaritans 01452 306 333 Freephone: 116 123

We can also put you in touch with other specialist local organisations.

We work in partnership with national and Gloucestershire based organisations who can support you and your family.

Healthwatch Gloucestershire Freephone: 0800 652 5193

