



cygnus
support

counselling
education
change

Mental Health and Wellbeing Support for those impacted by Covid-19

Are you worried about job security, going back to work after being furloughed, finding a job or family finances? Is your mental health being affected?

If the answer is yes, then our new helpline, online self-help tools and one to one counselling is here to support you.

Our dedicated helpline number is:

0808 196 3933

and is open:

Monday 10am-2pm
Tuesday 1pm-5pm
Wednesday 3pm-7pm
Thursday 1pm-4pm
Friday 10am-2pm

Or contact our helpline counsellor Lucy at:
lucytaylor@cygnussupport.com



**NORTH
OF TYNE**
~~~~~  
**COMBINED  
AUTHORITY**



**Northumberland**  
County Council

[www.cygnussupport.com](http://www.cygnussupport.com)