



Help, Support and Care in Weston-super-Mare

Food • Housing • Health • Money • Friendship • Hope



**If you're cold, hungry, anxious, homeless, or
unsure where to turn - there is help available**

The **In Crisis Info Sheet** connects you with local services offering:

- ✓ Free meals and foodbanks
- ✓ Emergency and supported housing
- ✓ Debt and money advice
- ✓ Health, mental-health and addiction support
- ✓ Friendship, community and hope

Scan the QR code to download the smartphone friendly guide.
Printed copies are widely available and can be downloaded from the website.

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Online In-Crisis Guide, downloads and more info at:

www.lovesteston.org.uk/in-crisis

