



LICENSED
TRADE
CHARITY

Helping Licensed Trade People
PUB • BAR • BREWERY • WINE • SPIRITS



Mental Health

Your mental health is a priority. Asking for help with your mental health can be hard but you deserve help and support.

For licensed hospitality people (past and present) our helpline is available 24/7 to offer support, advice and counselling on any workplace or personal related issue.

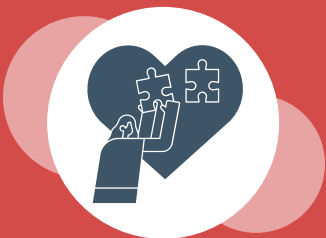
No matter how small or big the problem.

Call the FREE 24/7 Helpline
0808 801 0550



Our helpline staff can help with:

- 'in the moment' support which is solution focused and could include practical, pragmatic ways of coping with stress and anxiety effectively.
- CBT (cognitive behavioural therapy), if appropriate
- 6 sessions of telephone counselling (subject to assessment)



Free Counselling Service



Mental wellbeing Tips



Management Support Line

Visit licensedtradecharity.org.uk for more information on how we can help.