

Christmas will be different for all of us this year.

If you find yourself isolated or need some help, support is out there.

**Hampshire Coronavirus Support and Helpline
0333 370 4000**

If Coronavirus has had an impact on you or any aspect of your life, including anyone who is self-isolating, you can telephone the Hampshire Coronavirus Helpline for advice and support.

They can help if you are struggling to get the food, medicine or essential supplies you need for yourself or your family, or other worries you may have such as:

- Where to find help in your community
- Debt and money worries
- Mental health support
- Domestic abuse
- Bereavement
- Problems with drug and alcohol misuse

You can also find information about support at www.connecttosupporthampshire.org.uk/coronavirus

For more information about local activities across Hart please visit www.hart.gov.uk/christmas-2020