



**A PROBLEM SHARED IS A PROBLEM HALVED**

**CALL THE NKS HELPLINE**

- **DO YOU HAVE ANXIETY AND WORRIES, DUE TO COVID19.**
- **WORRIED ABOUT MENTAL HEALTH, DOMESTIC VIOLENCE, UNEMPLOYMENT, BENEFITS.**
- **YOUNG PEOPLE, WHO NEED SUPPORT WELCOME.**
- **NEED A LISTENING EAR**

**ALL CALLS AND ADVICE IS**  
**CONFIDENTIAL!**

**NKS MAIN OFFICE 0131 221 1915.**

**ENGLISH NUMBER 07737 576 054.**

**URDU/ HINDI/ PUNJABI/ NUMBER 07828 171 261.**

**BENGALI/ SYLHET NUMBER 07828 167 614.**

**LINES ARE OPEN BETWEEN MONDAY TO FRIDAY  
9AM TO 5PM.**