



# FEELING OVERWHELMED BY STRESS?

GroceryAid can help, 24 hours  
a day, 7 days a week. Call our free,  
confidential Helpline on  
on **08088 021 122**  
or visit **[www.groceryaid.org.uk](http://www.groceryaid.org.uk)**  
for advice and support.

**GroceryAid<sup>®</sup>**  
From factory to store we're your charity

