**GroceryAid: May Content**

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| **8th May 2025 – GroceryAid Day** | |
| **Email, Instagram, Facebook, Intranet** |  |
| GroceryAid is here to support colleagues and provide relief in tough times. Whether life is throwing financial challenges your way, your mental wellbeing is taking a hit, or everyday practical issues are becoming overwhelming, GroceryAid are here for you. Always.  To access free and confidential support, call the Helpline on 08088 021 122 or visit [groceryaid.org.uk/get-help](https://www.groceryaid.org.uk/get-help/)  Your GroceryAid. Your Support.  #GroceryAid #GroceryAidDay #GroceryAidDay2025 #SupportforColleagues |

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| **12th – 18th May 2025 – Mental Health Awareness Week** | |
| **Email, Instagram, Facebook, Intranet** |  |
| Are you struggling with your mental wellbeing? You don’t have to face life’s challenges alone. GroceryAid offers **free and confidential** counselling to support grocery colleagues through tough times.  Find out more about how you can access GroceryAid’s free counselling support here: [groceryaid.org.uk/emotional/face-to-face-counselling/](https://www.groceryaid.org.uk/emotional/face-to-face-counselling/)  #GroceryAid #MentalHealthAwarenessWeek #EmotionalSupport |

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| **Financial Support** | |
| **Email, Instagram, Facebook, Intranet** |  |
| If you’re struggling financially and have experienced an unexpected drop in household income, GroceryAid is here to support you and provide relief during tough times. To check your eligibility for a non-repayable grant and access free, confidential financial advice, visit groceryaid.org.uk/finances/financial-assistance/  Your GroceryAid. Help when times get tough.  #GroceryAid #GroceryAidDay #GroceryAidDay2025 #SupportforColleagues |

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| **Emotional Support** | |
| **Email, Instagram, Facebook, Intranet** |  |
| Whatever you’re facing, you’re not alone – GroceryAid is here to support and provide relief in tough times.  For free and confidential emotional support, call the Helpline on 08088 021 122 or visit groceryaid.org.uk/get-help  Your GroceryAid. Here to support, here to listen.  #GroceryAid #GroceryAidDay #GroceryAidDay2025 #SupportforColleagues |

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| **Practical Support** | |
| **Email, Instagram, Facebook, Intranet** |  |
| Everyday challenges can mean life doesn’t always go to plan, but GroceryAid is here to offer relief during tough times. For free and confidential practical support, call the Helpline on 08088 021 122 or visit groceryaid.org.uk/practical-support  Your GroceryAid. Real answers, real support.  #GroceryAid #GroceryAidDay #GroceryAidDay2025 #SupportforColleagues |