



WE HELP YOU

FIND A WAY FORWARD

Access immediate emotional support by calling our Helpline and speaking to a trained counsellor who may offer additional counselling for individuals, relationships and families.

Call our free Helpline on 08088 021 122
or visit www.groceryaid.org.uk/get-help



Free and confidential support for grocery colleagues
24/7, 365 days a year

We're Always Open

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