

JUST 'B'

Anxiety, grief, low mood, isolation...

**If you want to talk
we're Hear to Help**

Call (01423) 856 799
8am – 8pm, seven days a week

Available seven days a week to all across North Yorkshire.

**Calls are charged at local rates. Visit
<https://bit.ly/localcallcharges>.**

Free, confidential support line for adults, young people and children.

We can also offer support for you - or your family and friends - around plans for end of life, including matters relating to bereavement and funerals.

North Yorkshire Hospice Care is a registered charity in England and Wales (518905) with a family of services operating as Herriot Hospice Homecare, Just 'B', Saint Michael's Hospice and Talking Spaces. North Yorkshire Hospice Care is a company limited by guarantee, registered in England and Wales (2121179). Registered address Crimple House, Hornbeam Park Avenue, Harrogate, HG2 8NA