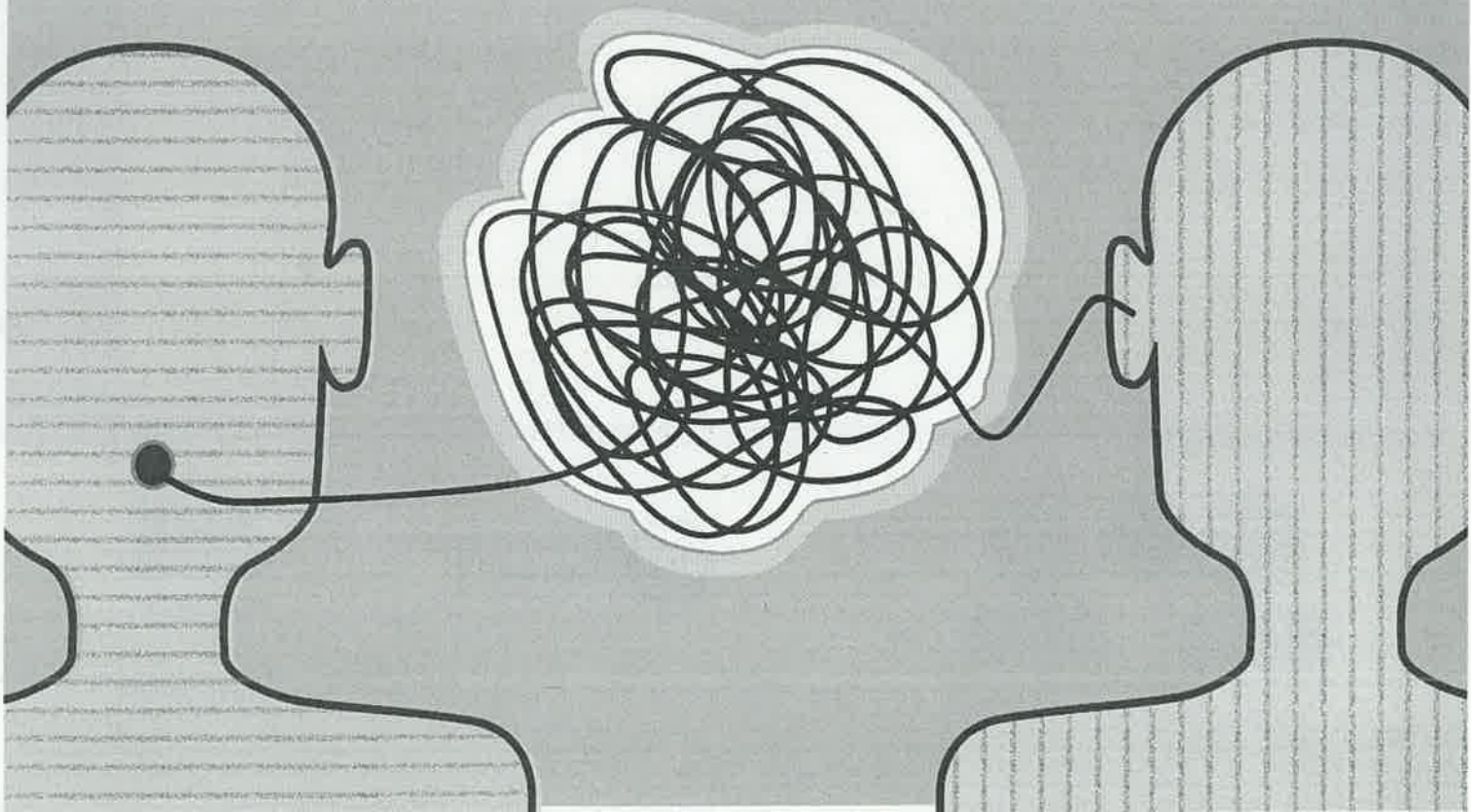


Have you heard about the Listening Service?

We can all feel low, sad or be faced with challenges at some point in our lives where we need a safe place to talk. Open to anyone over the age of 18, the Listening Service is confidential and free from judgement with face to face appointments that last around 50 minutes.

- ill-health • bereavement • unemployment
- relationship breakdowns • changes to life circumstances that just feel out of our control



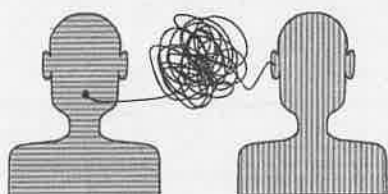
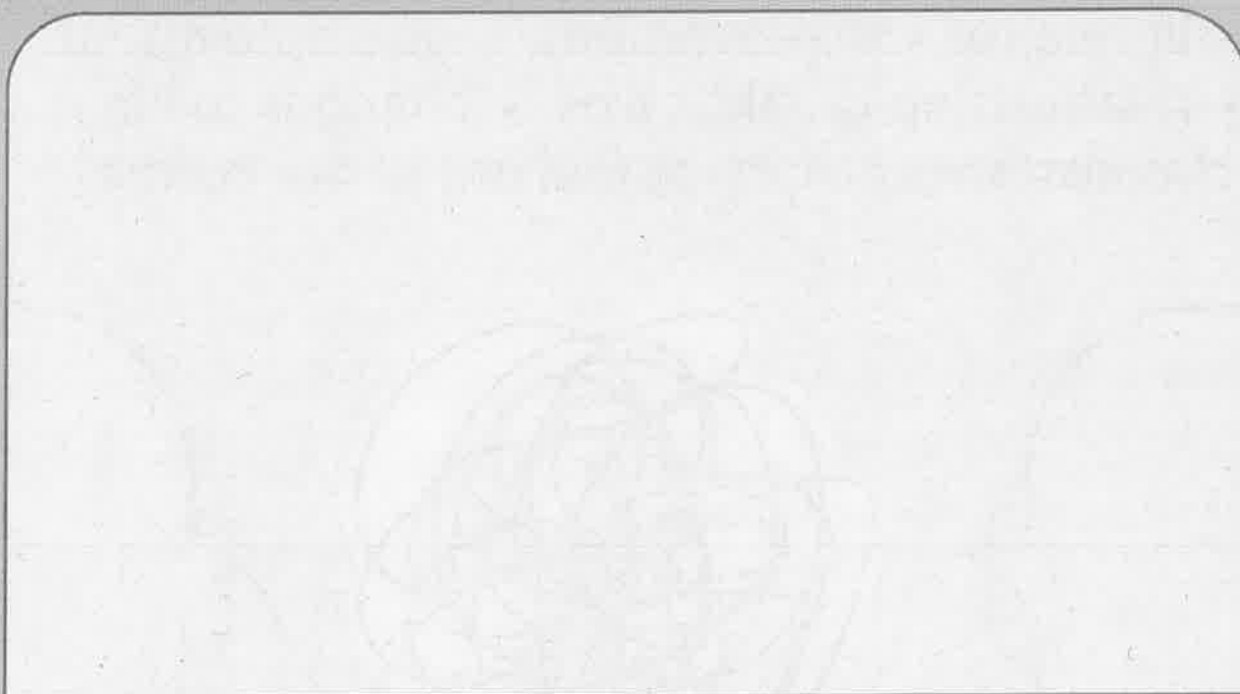
NHS Grampian - Listening Service

Contact your General Practitioner or have a look at our website to find out more.

www.nhsgrampian.org/service-hub/the-listening-service/



@CcINhs



MVC 230005