

Hear to Help



**Dealing with anxiety,
low mood,
bereavement or
isolation?**

**Our Just 'B' specialist
support workers are
ready to listen.**

Community Support Helpline available to children,
young people and adults across Harrogate,
Hambleton, and Richmondshire.

8am-8pm, seven days a week.

(01423) 856 799

A service provided by Just 'B', part of Saint Michael's Hospice and Herriot Hospice Homecare. Calls are charged at local rates

<https://bit.ly/localcallcharges>

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.

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