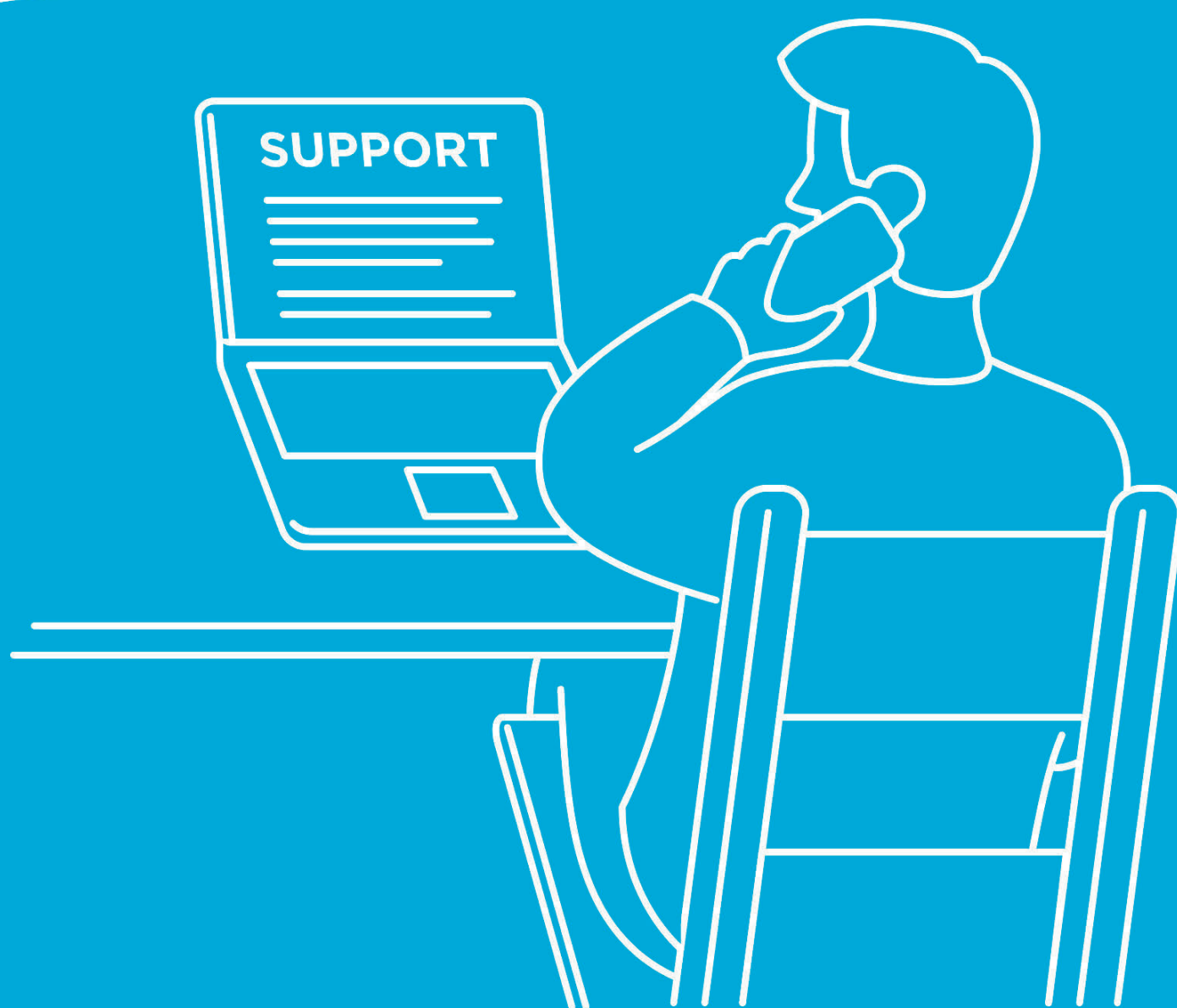


GETTING **THROUGH**
THIS **TOGETHER**

When times are tough, it's normal to feel a bit worried, frustrated or overwhelmed.

There are some simple things we can do to help keep ourselves well, and if you are finding it hard support and advice services are there for you.



Visit london.gov.uk/help-cost-living for more information and to discover support local to you.