



TIME TO TALK?

Our in-house accredited counsellors can support and advise you during times of need.

- **Impartial advice and support on a confidential basis**
- **Online support available**
- **Up to six free counselling sessions**
- **24/7 manned helpline**



Call

0808 801 0808

Republic of Ireland 1 800 911 810



Click

www.retailtrust.org.uk/support



Text

88010



Email

helpline@retailtrust.org.uk

retailHUB 
help, understanding, back up



Retail Trust is a registered charity in England and Wales (1090136) and in Scotland (SCO39684)

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