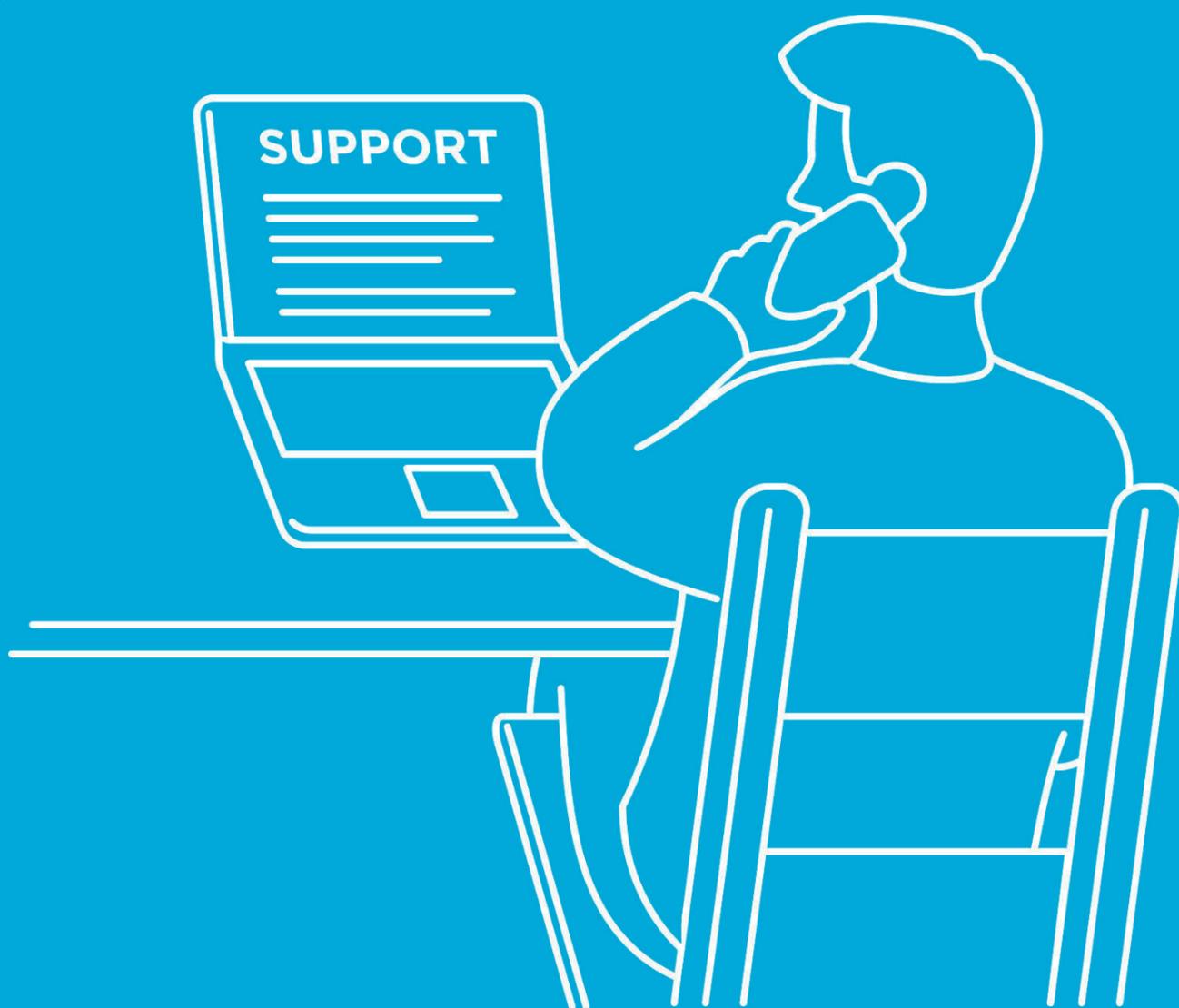




GETTING **THROUGH**  
THIS **TOGETHER**

## Do you know where you can get support?

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](https://london.gov.uk/help-cost-living) for more information and to discover support local to you.