

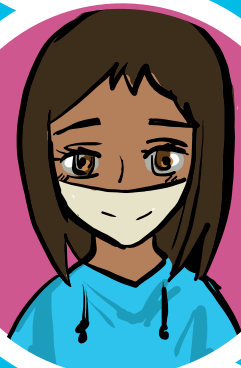
# let's do the right thing

**Do your part to help fight COVID-19 and stay at home as much as possible**

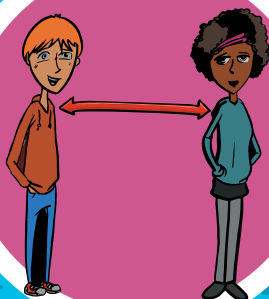
**If you do go out remember...**



**Keep your hands clean and sanitised**



**Wear a face covering in shops and on public transport**



**Try to keep your distance from others**



Warwickshire  
County Council



# Are you finding things hard right now?

**It's okay not to feel okay, but we want you to feel safe. You do not need to struggle alone, help and support is available right now if you need it.**

**To speak to someone who can help, call 08081 966798 or visit [cwise.com](http://cwise.com)**

**Download the ThinkNinja app for self-help tips and support.**

**Text for advice through [ChatHealth.nhs.uk](http://ChatHealth.nhs.uk)**

**If you have seriously harmed yourself, call 999 or ask someone to call 999 for you.**

**[dearlife.org.uk](http://dearlife.org.uk)**

