



pennyappeal

LISTENING LINE

Penny Appeal's Listening Line is a confidential, freephone helpline for adults aged 18+ providing national coverage, to those who find themselves increasingly worried about COVID-19 and how it may affect their daily lives.

We operate 7 days a week from 12noon – 8pm.

☎ 0300 303 1360

Callers can be reassured that there will be no cost to them whatsoever.

Our Helpline Team are available to support all adults who are feeling anxious, isolated and worried during this global pandemic.