



the koram centre
changing lives

Koram Centre Covid – 19 – Listening Ear Services

*Are you anxious?
Do you feel isolated or lonely?
Would you like someone to talk to?*

Support is available through the SATC-19 Community Helpline

08000 472 408

Lines Open 10am-5pm Monday-Friday

The Koram Centre is pleased to offer a Listening Ear Service as part of the SATC-19 Community Helpline.

- Support is carried out on a one-to-one basis through the telephone
- Up to 3 sessions with signposting/referral as appropriate
- Opportunity to discuss what's going on for you in safe and confidentiality environment.
- Discuss coping skills/techniques
- Information on practical/social supports available within the Community

Supported by the National Lottery Community Fund