

STRESS

We all have times when we feel overwhelmed but when stress is left unmanaged, the risk of physical or mental health problems increase.

Our free and confidential helpline is available 24 hours a day, seven days a week.

0808 801 0808 | helpline@retailtrust.org.uk

ROI 1800 911 810 | International +44 845 766 0133* | Text HELPLINE to 88008*

*Network charges may apply

For further support, visit myrtwellbeing.org.uk**

**Your employer must be signed up to our online wellbeing services, but you can access the financial support section for free.