



# BREAKING THE SILENCE

Covid 19 has deeply affected BAME communities. Losing a loved one can be devastating. The anxiety experienced during the illness of a loved one can be overwhelming.

**You are not alone.**

**We're here to support you.**

Contact us in confidence on:

**01274 497535**

[info@breaking-the-silence.org.uk](mailto:info@breaking-the-silence.org.uk)

[www.breaking-the-silence.org.uk](http://www.breaking-the-silence.org.uk)

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