



# Worrying about something or just need to talk?



If you are experiencing worries in your life and feel like you need somebody to talk to, help is on hand.

A qualified PAM Assist counsellor can help you cope with:

**Family matters • Debt advice • Counselling  
Dealing with illness • Relationships**



Completely confidential support

You will need to enter the below details to access the resources and advice available for you on the PAM Assist website:

<b>Username</b>	countydurhameap
<b>Password</b>	countydurhameap1

You can talk to PAM Assist 24/7, 365 days a year

 **0808 196 3863**

 or by **LifeChat**  
Free Online Support

through the app or online at

 **pamassist.co.uk**