

# Cando

Connect and Offload

**“Before I rang the Helpline,  
I felt so alone and isolated.  
Talking to CandO felt good  
and I am now looking  
forward with some hope”**

**Would you like to talk to  
someone today about your  
mental wellbeing?**

CandO provides people aged  
18 and over and living in  
Gloucestershire with  
confidential mental wellbeing  
support **every day** of the year  
between **2pm and 9pm**.



**Call**

0808 801 0606



**Text**

07537 410 022



**Webchat**

[gloucestershirecando.org](http://gloucestershirecando.org)

Service  
Provided by



Gloucestershire  
COUNTY COUNCIL