

STAY STRONG!

There's always a rainbow after every storm

The MCAST therapeutic services are still available during office hours (Monday to Friday 7.30am to 4.30 pm excluding public holidays) via email on counsellors@mcast.edu.mt. So please do not hesitate to be in contact in case you feel the need of immediate support.

Please be gently reminded that in case of an urgent personal matter, you wish to discuss out of the above mentioned office hours, you may opt to make use of these other national services:

HELPLINES



111 - For those who **experience symptoms of COVID-19** or those who require further **information**

21411 411 - For those in **mandatory quarantine** who require food and medical provisions

2294 4511/2294 4504 - To report **breaches of regulations** regarding public health and Covid-19 to the Police

1772 - For those who are **feeling lonely**

1575 - For employees to ask about wages and employment conditions

1576 - For employers to ask about wages and employment conditions

153 - For those who require **information** about the measures of the **financial package** which are administered by the **Department of Social Security**

144 - For those who require **information** about the measures of the **financial package** which are administered by **Malta Enterprise**

2204 2200 - For Maltese residents who are **stranded in another country** and wish to return to **Malta**

2598 1000 - For those who have **queries about the educational sector**

2169 2447 - For **hoteliers and tourists** who have queries about the announced measures

2590 3030 - For elderly **people without means of assistance** who require medicine, ready meals, or food products (fruit and vegetables)

2546 9111 - For those who work in the gaming industry.