

# Post Office Horizon IT Inquiry

We understand that the Inquiry may bring up a range of challenging feelings, and so Hestia will be here to support you through every step of the process.

If you would like a session talking to one of our trained counsellors, or more general support, this confidential service can be accessed through Hestia.

We can discuss any concerns and feelings related to the Inquiry in a safe and confidential manner, and support you with effective techniques and skills for managing difficult emotions and memories.

**To find out more please  
contact:**



**0800 246 5617**  
**(Free phone)**

Lines open **9am - 4:30pm**, Mon-Fri (*except Bank Holidays*). If we do not answer, please leave a message and we will call you back as soon as possible (within 48 hours).

**Hestia.org**

