

Pick up the phone... you're not alone

We'll be open throughout the festive period

- Call Samaritans for free – **116 123**
- For anyone struggling to cope **Text SHOUT – 85258**
- For young people under the age of 35 or concerns
a young person is thinking of suicide Call Papyrus
Hopeline247– **0800 068 4141** or **Text 07860 039967**
- For more support and advice visit
<http://bit.ly/3SSbK9M>

Scan me

You're not alone

