

**If you need to talk to someone
urgently about your mental health**



SAMARITANS



If you're under 35:



PAPYRUS
PREVENTION OF YOUNG SUICIDE

0300 102 1234

Open 9am-6pm weekdays

116 123

Always open

0800 58 58 58

Open 5pm - midnight

111, press option 2

Always open

0800 068 4141

or text 88247

Always open