



**Struggling to cope?**  
**Can't see a way out?**  
**Thoughts of suicide?**

There is Hope  
Reach Out and Talk

**Don't Bottle It Up**

To find out more about where to get help, or how you can support someone with thoughts of suicide visit;  
[www.every-life-matters.org.uk](http://www.every-life-matters.org.uk)

**Samaritans**

Call: 116 123  
24/7 365 days a year

**CALM**

0800 58 58 58

Men's helpline 5pm-Midnight

**Shout**

Text Shout to 85258  
24/7 Crisis Text Line

**Papyrus**

0800 068 4141

Young people's helpline 2-10pm

**Every  
life  
matters**...



Talking about suicide  
saves lives