



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

**There is Hope  
Reach Out and Talk**

# Don't Bottle It Up

## Samaritans

Call: 116 123  
24/7 365 days a year

## CALM

0800 068 4141  
Men's helpline 5pm-Midnight

## Shout

Text: 85258  
24/7 Crisis Text Line

## Papyrus

0800 58 58 58  
Young people's helpline 2-10pm

**Every  
life  
matters** ●●●

Suicide Safer Copeland

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)



**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 068 4141  
Men's helpline 5pm-Midnight

## Shout

Text: 85258  
24/7 Crisis Text Line

## Papyrus

0800 58 58 58  
Young people's helpline 2-10pm

**Every  
life  
matters** ●●●



Talking about suicide saves lives