

Lifeline

0808 808 8000

**If you're in distress or despair,
call Lifeline free on 0808 808 8000.**

Calls to Lifeline are answered by trained counsellors who can provide help and support. Counsellors are experienced in dealing with suicide, self-harm, abuse, trauma, depression, anxiety and many other issues.

Lines are open 24 hours a day, 7 days a week.

Calls are free from all landlines and mobiles.

(Textphone: 18001 0808 808 8000)