



# You're not alone

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

**Lifeline**

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.