

The logo features the word "Lifeline" in a bold, rounded, orange font, centered within a white speech bubble shape. The speech bubble has a tail pointing downwards and to the right. The background is a gradient from orange at the top to yellow at the bottom.

Lifeline

0808 808 8000

(Textphone: 18001 0808 808 8000)

If you, or someone you know, is in distress or despair, call Lifeline free on 0808 808 8000

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

Lines are open 24 hours a day, every day of the year
Calls are free from all landlines and mobiles.