



shout
85258

Text SHOUT
to 85258

SAMARITANS

www.samaritans.org/wales

116 123

0800 132 737

✉ call@helpline.wales

www.callhelpline.org.uk

CALL

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58

www.thecalmzone.net

5pm-midnight



Scan QR
code to
WhatsApp

**I'M NOT
COPING
AND I NEED
URGENT
HELP**

**DIAL 111
CHOOSE
OPTION 2**

childline

www.childline.org.uk

08001111

PAPYRUS

0300 102 2470*

Text HOPE to 88247

www.papyrus-uk.org

pat@papyrus-uk.org



*not freephone

**DIAL 999 IN LIFE-
THREATENING
EMERGENCIES**


Staying Safe
from suicidal thoughts

www.stayingsafe.net

Create your own
"Safety Plan"



← **SCAN THE QR CODE FOR
AN INTERACTIVE COPY**