

# Remember You Are Not Alone



**SAMARITANS**

**Samaritans**

(24/7)

samaritans.org

Call: **116 123**



**HOPELINEUK**

**HOPELINEUK**

(9am-midnight, Daily)  
under 35s

papyrus-uk.org/hopelineuk/

Call: **0800 068 4141**



**Calm**

(5pm - midnight, Daily)

thecalmzone.net

Call: **0800 58 58 58**



**Self Injury Support**

(7-9:30pm, Tues & Thur)  
For women who self-harm

selfinjurysupport.org.uk

Call: **0800 800 8088**



**SOBS**

(9am-9pm, Daily)  
For survivors of bereavement  
by suicide

uksobs.org

Call: **0300 111 6065**



**SOS**

(8pm-12am, Mo-Fri; 4pm-12am  
Sat&Sun)

sosilenceofsuicide.org

Call: **0300 1020 505**

Or you can text:



**Shout**

(24/7)

giveusashout

Text 'SHOUT' to **85258**



**Self Injury Support**

(7-9:30pm, Tues & Thur)  
For women who self-harm

selfinjurysupport.org.uk

Text: **07537 432444**



**We Mind  
& Kelly Matters**

(Mo, Wed & Fri, 6-9pm)

Live Chat & Website:

wemindandkellymatters.org.uk