

# Don't be Alone!

## Put a number in your Phone!



Remember – talking can really help!

If you're finding it hard to find the words you might want to speak to someone who is trained to listen. The organisations listed below will help.

**Samaritans** call **116 123** 24 hours a day, 365 days a year (24/7)

**Shout** 24/7 Crisis text service – anytime, anywhere. **Text 85258**

Shout is a place to go if you're struggling to cope and need immediate help.

**Papyrus** Prevention of Young Suicide – Call **08000 68 4141** until 10 pm.

**Kooth.com** login and create a password online counselling service until 10pm.

**Childline** call 08001111. Calls are free from UK landlines and mobiles and they won't show up on your phone bill. Even if you don't have credit on your mobile phone you can still call for free 24/7.

**Suicide** is the biggest killer of young people in the UK

Every Life Matters!