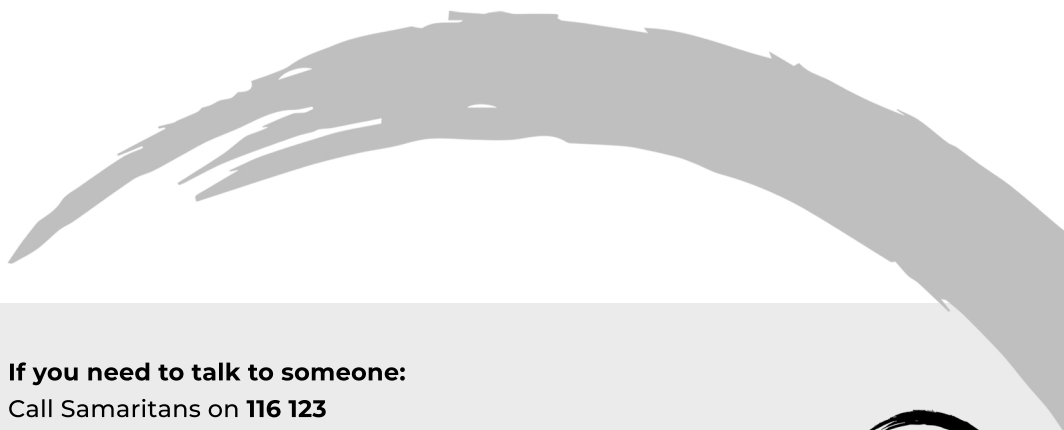


# ONE CONVERSATION CAN CHANGE YOUR LIFE.



**If you need to talk to someone:**

Call Samaritans on **116 123**

Call NHS24 on **111**

Call Breathing Space on **0800 83 85 87** or

Text "SHOUT" to **85258** to contact Give Us A Shout

**[unitedtopreventsuicide.org.uk/fcunited](https://unitedtopreventsuicide.org.uk/fcunited)**

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