

TALK. LISTEN. SAVE LIVES.

Together, we can
make a difference.



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

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