

Thursday, 13 March 2025

Health and Social Wellbeing Improvement



I'm not OK

Don't hide your real feelings.
Talking really helps.

Lifeline 0808 808 8000

Call free, 24 hours a day
Textphone 18001 0808 808 8000 www.lifelinehelpline.info

QR code

This leaflet and set of posters provide brief information on how to contact the Lifeline crisis response helpline and what support Lifeline can provide to those in distress or despair. More information is available on the Lifeline website at www.lifelinehelpline.info

Details

Format

2 pages, A5, flyer and 3 A3 posters

Target group

General public

Downloads

Attachment	Size
Lifeline flyer 03 25.pdf	99.98 KB
PHA Lifeline Posters A3 03.25 final.pdf	307.07 KB

Tags

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- [support services](#)

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