

Tuesday, 18 March 2025

[Health and Social Wellbeing Improvement](#)



This card provides contact details for the free Lifeline helpline, which is available to support people in distress or despair 24 hours a day, seven days a week.

Details

Format

Double sided wallet card

Target group

General public

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Attachment	Size
Lifeline card 03_25.pdf	70.33 KB

Tags

- [Lifeline](#)
- [support services](#)
- [mental and emotional health and wellbeing](#)

- [suicide prevention](#)

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