

The logo features the word "Lifeline" in a bold, orange, sans-serif font, centered within a white speech bubble shape. The speech bubble has a tail pointing downwards and to the right. The background is a gradient from orange at the top to yellow at the bottom.

Lifeline

www.lifelinehelpline.info
Available 24/7

**If you're in distress or
despair, call Lifeline free
on 0808 808 8000.**

**Textphone
18001 0808 808 8000**



Calls to Lifeline are answered by trained counsellors who can provide help and support.

Lines are open 24 hours a day, every day of the year.

Calls are free from all landlines and mobiles.