



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

Lifeline provides support to people of every age, gender, ethnicity, religion, disability and sexual orientation. Call free, 24 hours a day.

**Lifeline** 0808 808 8000



Textphone 18001 0808 808 8000 [www.lifelinehelpline.info](http://www.lifelinehelpline.info)

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

- Lifeline's qualified counsellors are available 24 hours a day, 7 days a week to listen to you and give you the help and support you need.
- We are experienced in helping with issues such as thoughts of suicide, self-harm, abuse, trauma, anxiety, depression and many others.
- You'll get immediate help over the phone from a crisis counsellor. If appropriate, Lifeline can offer follow-on support which may include face-to-face counselling.
- Lifeline can put you in touch with other services to make sure you get the best possible response to your needs.

Lifeline also gives support and guidance to families and carers, concerned friends, professionals, teachers, youth workers, clergy and communities. Just call Lifeline.

To find out more about Lifeline, visit [www.lifelinehelpline.info](http://www.lifelinehelpline.info)

**Save the number to your mobile today.** Calls are free from all landlines and mobiles.

Deaf people and those with hearing or speech impairment can contact Lifeline using the Relay UK app or Textphone 18001 0808 808 8000. British and Irish Sign Language users can use the SignVideo app. If English is not your first or preferred language, Lifeline can use the Big Word interpreting service to speak to you in your preferred language.

