



You're not alone

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

Lifeline

Calls to Lifeline are answered by trained counsellors who can provide help and support. Counsellors are experienced in dealing with suicide, self-harm, abuse, trauma, depression, anxiety and many other issues. Lines are open 24 hours a day, 7 days a week. Calls are free from all landlines and mobiles.