

Pick up the phone... you're not alone

**We'll be open throughout
the festive period**



Call **SAMARITANS** for **FREE – 116 123**

For anyone struggling to cope

Text SHOUT – 85258

For young people under the age of 35 or
concerns a young person is **THINKING OF**

**SUICIDE CALL PAPYRUS HOPELINE247–
0800 068 4141** or **TEXT 07860 039967**

For more support and advice visit:
shropshire.gov.uk/suicideprevention

**You're not alone,
scan me**



 Shropshire
Council