

**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](https://shropshire.gov.uk/suicideprevention)**

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



**Shropshire  
Council**