

Are **you**, or is a **young person**
you know, not coping with life?

For suicide prevention advice,
call **HOPELineUK**

0800 068 41 41

National confidential helpline of:



PAPYRUS
prevention of young suicide

Registered Charity No. 1070896. www.papyrus-uk.org



HOPELineUK

Call



0800 068 41 41

Text



07786209697

Email



pat@papyrus-uk.org

Opening hours:

Mon - Fri 10am - 10pm

Weekends 2pm - 10pm

Bank Holidays 2pm - 5pm

www.papyrus-uk.org



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