

HELP IS HERE



CALL 116 123 (free)

The **Samaritans** are here for you.
24 hours a day, 365 days a year.

TEXT 85 258 (free)

Shout is a free 24/7 text service.
Text if you're struggling.

LOOK UP

www.thecalmzone.net

CALM helpline and webchat are
available to anyone in the UK 5pm -
midnight (free).

SPEAK Tell someone

You're not alone. There are
people who you can turn to.
Have courage. Speak up.

CONTACT Your GP

This could be the first step
to a new future.



This leaflet has been provided by your local Methodist Church