



Struggling to cope?
Can't see the way out?
Thoughts of suicide?

Don't let it brew

Reach out
and talk

There is hope....



Samaritans

Call: 116 123
24/7 365 days a year

CALM

0800 58 58 58
Men's helpline 5pm-Midnight

Shout

Text Shout to 85258
24/7 Crisis Text Line

Papyrus

0800 068 4141
Young people's helpline 2-10pm

**Every
life
matters** ...

Suicide Safer Cumbria

To find out more about where to get help, or how you
can support someone with thoughts of suicide visit;
www.every-life-matters.org.uk