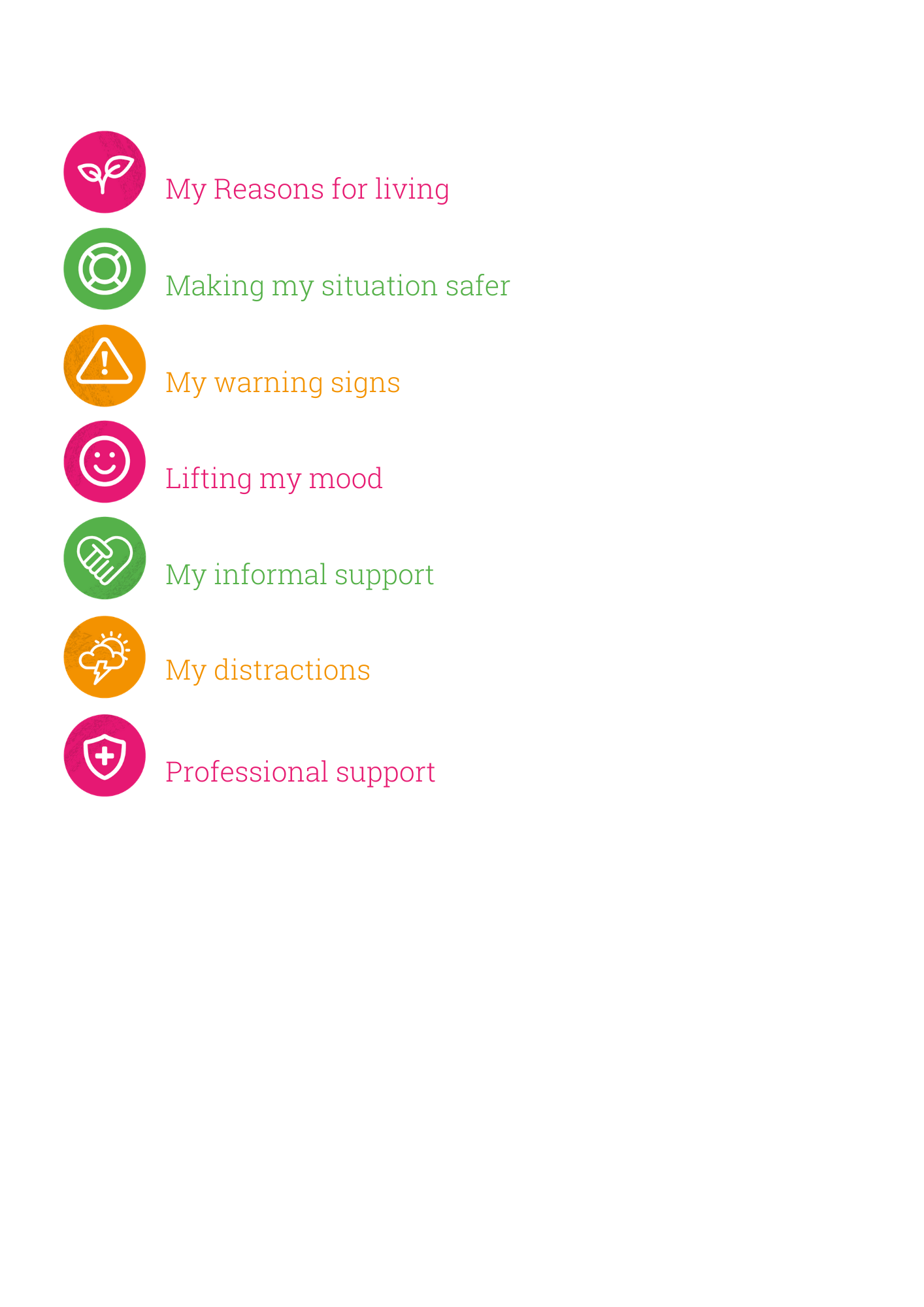


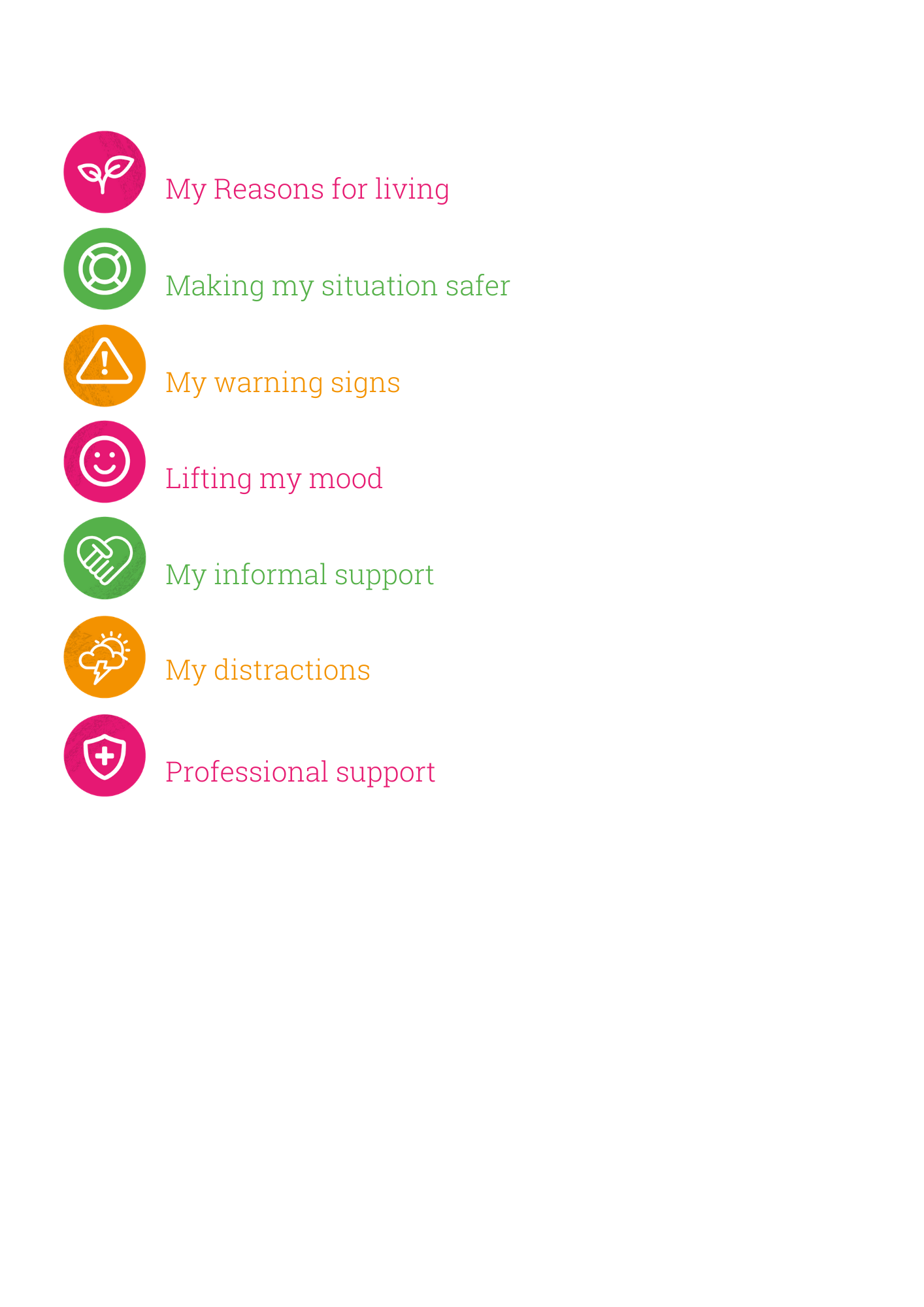
Plan:

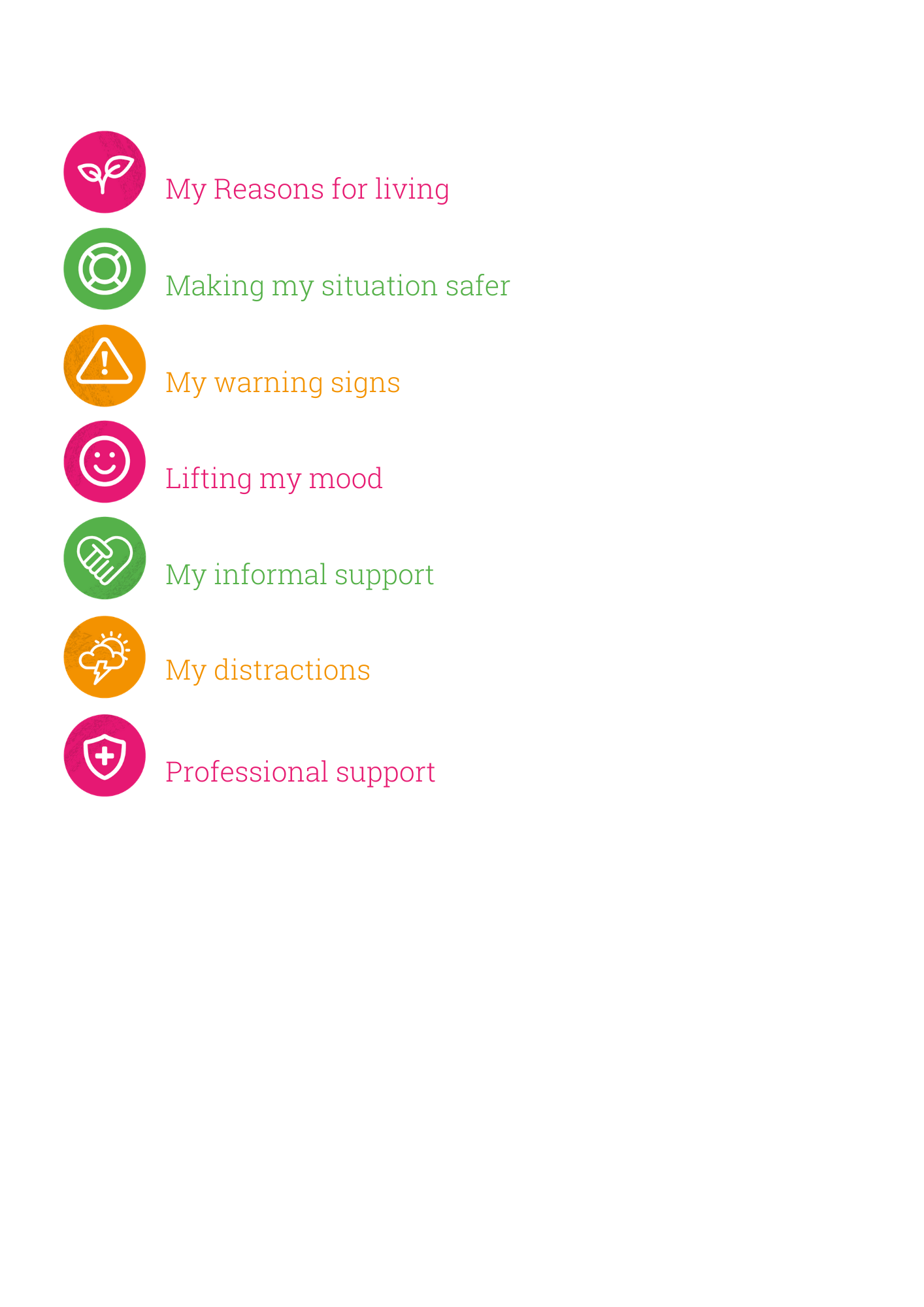
Alcohol/Drugs:

Environment:

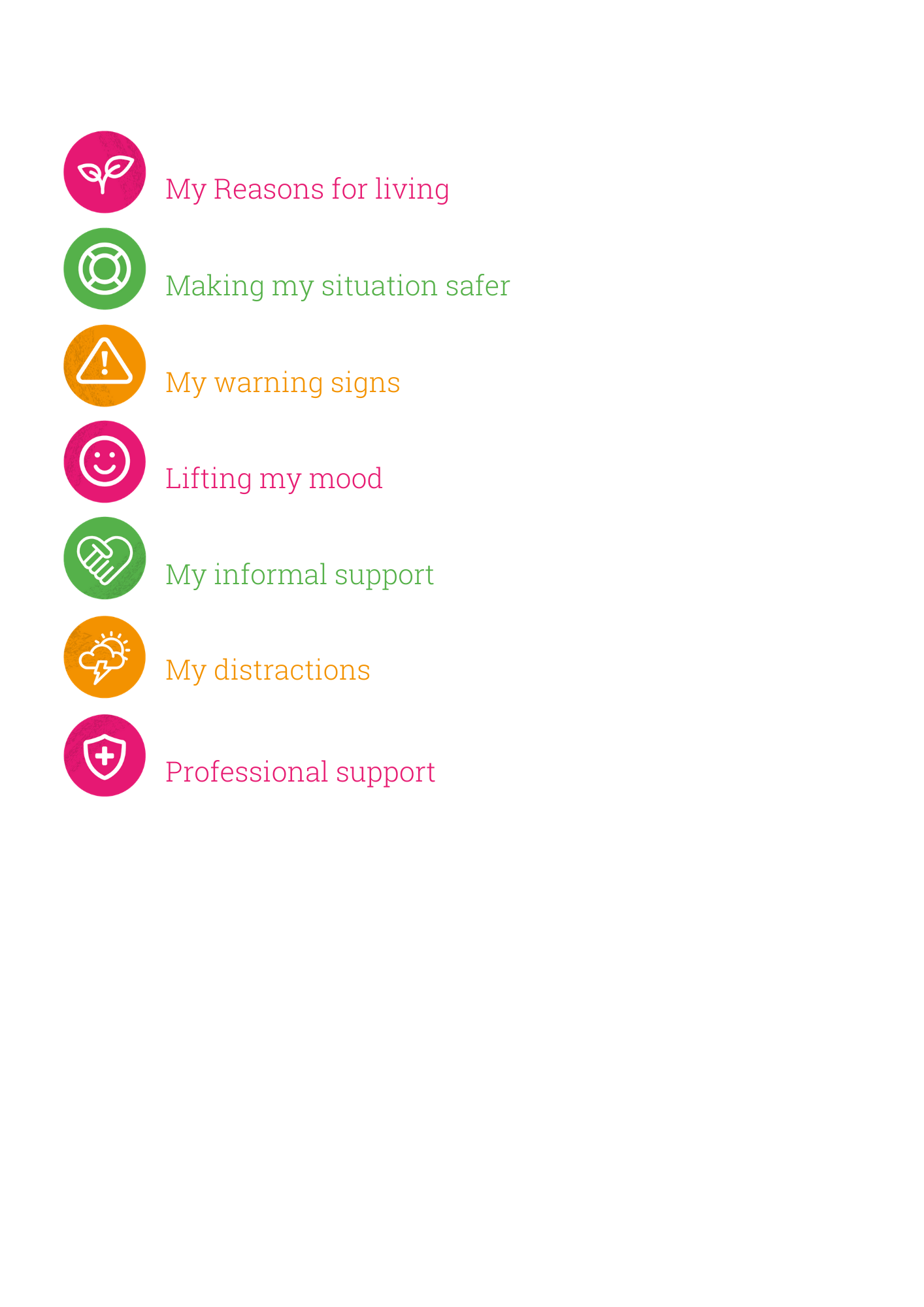
Previous attempts:

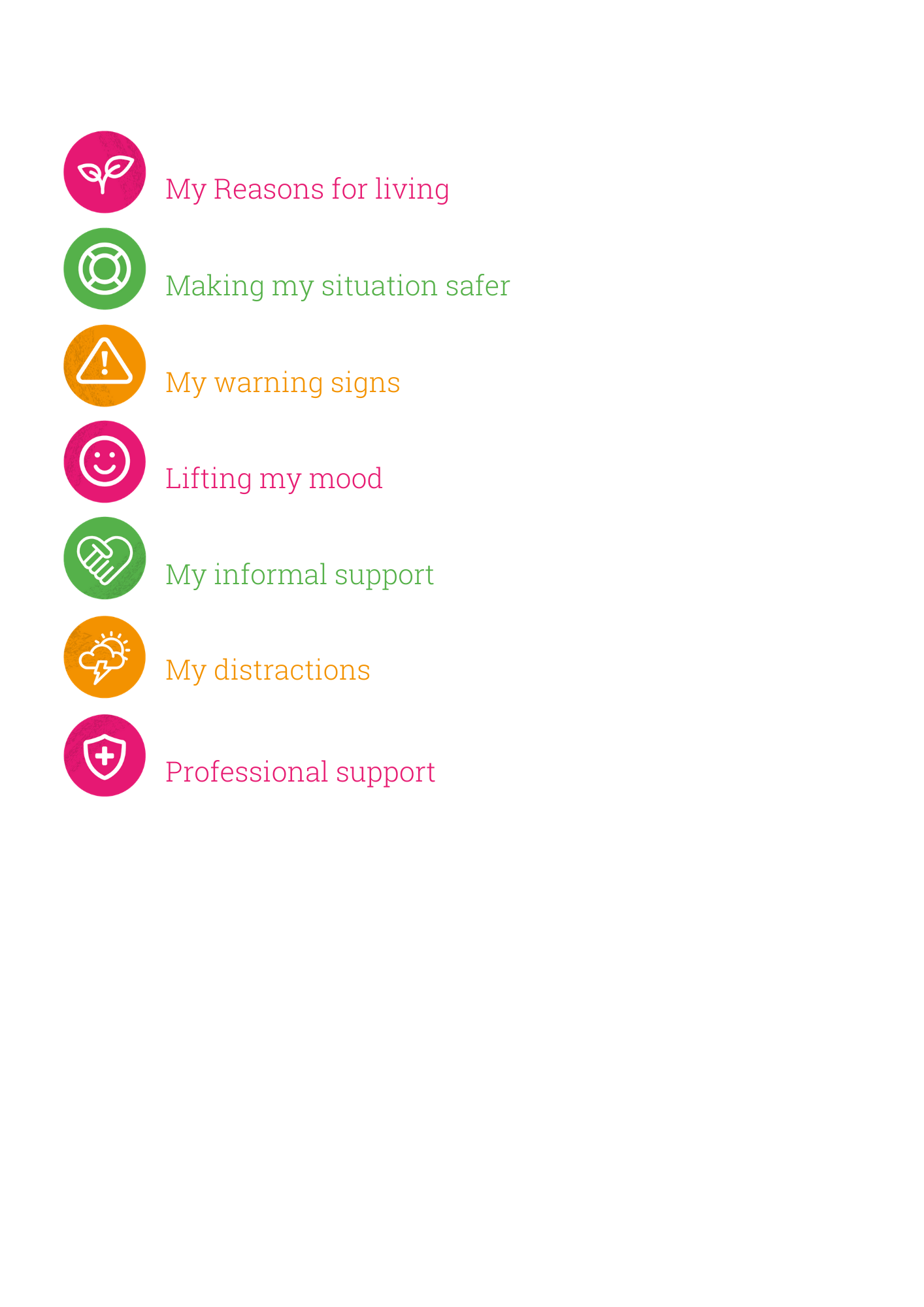






Call Samaritans 116 123 or Text Shout to 85258





Key Worker:

Counsellor:

GP:

North Cumbria Universal Crisis Line **0800 652 2865**

South Cumbria and Lancashire Urgent Support **0800 953 0110**