

# **THE SAFE CAMPAIGN**

## **(SUICIDE AWARENESS FOR EVERYONE)**

**HOPE LineUK**

**Call: 0800 068 41 41**

10am-5pm & 7pm-10pm

(Mon-Fri)

2pm-5pm

(Sat & Sun)

**The Samaritans**

**Call: 116123**

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

24 hours a day

7 days a week

**Young Minds Parents Helpline**

**Call: 0808 802 55 44**

Email: [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

09.30am to 4pm (Mon- Fri)

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**StayingAlive**



**MemoryStar**

### Useful Self Help Websites

[thecalmzone.org.uk](http://thecalmzone.org.uk)  
[livesigns.org.uk](http://livesigns.org.uk)



**InHand**



**SAM**



**WellMind**

### Useful Self Help Websites

[harmless.org.uk](http://harmless.org.uk)  
[papyrus-uk.org](http://papyrus-uk.org)



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