

Help is available

If you need someone to talk to, there are people who will listen.
You are not alone.



Samaritans

Whatever you're going through, you can call the Samaritans any time, from any phone for FREE.
They won't judge or tell you what to do.



 **116 123**

Shout 85258

If you want to text, send the word 'Shout' to 85258 to start a conversation.
Shout is a free, confidential and 24/7 text messaging service for anyone who needs support.



 **85258**

Hector's House

Hector's House helps to prevent suicide in the South East.
They offer lots of resources and contacts to help and encourage anyone affected by depression or anxiety, as well as their friends and family.



 www.hectorshouse.org.uk

If you have hurt yourself, or if you feel like you are about to hurt yourself, call 999 or go to a hospital A&E department