

Christmas isn't always merry

If you're finding it difficult to cope over the festive season, there are people who can help.

If you need to ask for support, are thinking of harming yourself, or are worried about someone else, you can contact:

Samaritans 116 123 Email: jo@samaritans.org

CALM Anonymous and confidential helpline & webchat, open 5pm to midnight every day 0800 58 58 58 www.thecalmzone.net

Shout 24/7 crisis text support service. Text: 85258

Childline 0800 1111 www.childline.org.uk

Papyrus HopelineUK. For young people under the age of 35.

Call: 0800 068 4141 Text: 07860039967 Email: pat@papyrus-uk.org

You can also ring your GP and ask for an emergency appointment.

Call NHS 111 if you urgently need medical help or advice, but it's not a life threatening situation.

If you or someone else is at immediate risk of suicide or serious self harm or injury, call 999.

North East and North Cumbria Suicide
Prevention Network @StopSuicideNENC

Suicide EVERY LIFE
MATTERS
Prevention