

IF YOU NEED THIS RIGHT NOW

You don't have to get through this alone.

You don't need the right words, and you don't need to be “bad enough” first.
Call, text, or walk in. That's all this page is for.

UK & IRELAND

Samaritans - 116 123

Free, 24/7, any reason, no judgment

Shout - text 85258

Free, 24/7 crisis text line

CALM - 0800 58 58 58

5pm-midnight daily, UK-wide

Papyrus HOPELINE247 - 0800 068 4141

Under-35s, or worried about a young person

NHS 111 - 111

Urgent mental health support, any time - choose the mental health option

SCOTLAND

Breathing Space - 0800 83 85 87

Mon-Thu 6pm-2am, Fri 6pm-Mon 6am

NHS 24 - 111

24/7

ELSEWHERE IN THE WORLD

Lifeline Australia - 13 11 14

24/7

Talk Suicide Canada - 988

24/7

Vandrevala Foundation - +91 9999 666 555

India, 24/7, call or WhatsApp

Anywhere else - findahelpline.com

lists a free, confidential crisis line in your own country

This is a quick crisis card, built so help is never far away. For the full research behind it, see *Small Moves. Real Evidence. Lives Saved.*, free at trainandthrive.co.uk.

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