



#IamListening

If you are in crisis, please contact...

Samaritans: **116 123**

Papyrus Hopeline: **0800 068 4141**

CALM helpline (men): **0800 58 58 58**

Text 'Shout' to 85258



Keep a photo of this poster on your phone, just in case

You care? help us and share... **#IamListening**

www.sunflowerssuicidesupport.org.uk

   **GlosSunflowers**

Charity number 1177266