

It's #OK2ASK for help.

Need to talk?

Call Samaritans: 116 123

Text SHOUT: 85258

Young person?

Call HopelineUK: 0800 068 4141

Affected by a suicide death?

Call AMPARO: 0330 088 925

IMPORTANT - life in danger now?

**Call 999 for an ambulance or go
straight to A&E.**

SUICIDE IS PREVENTABLE



Apps available on Google Play & Apple App Store now



**To help keep
you safe**



**Resist the urge
to self-harm**

www.oktoaskcampaign.co.uk