

Are **you**, or is a **young person**
you know, not coping with life?

Let's talk about it.



Support, information and practical advice for young people who may be at risk of harming themselves and for families, friends and professionals.

HOPELine**UK**
0800 068 41 41

HOPELine**UK** is the national
confidential helpline of:

 **PAPYRUS**
prevention of young suicide

Or visit our website:
www.papyrus-uk.org

tel: 01282 432555 email: admin@papyrus-uk.org

 Telephone Helplines Association

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