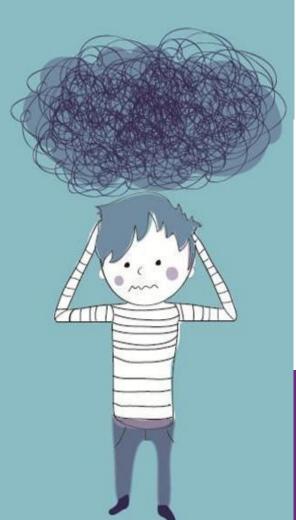
Are you, or is a young person you know, not coping with life?

Let's talk about it.





Registered Charity No. 1070896

HOPELineUK is a free national helpline, staffed by trained professionals who give confidential, non-judgemental support, practical advice and information to:

- Young people under the age of 35 feeling suicidal
- Anyone concerned that a young person they know may be at risk of suicide

HOPELineUK: 0800 068 41 41 SMS: 07786209697

email: pat@papyrus-uk.org website: www.papyrus-uk.org

Opening hours: 10 a.m. - 10 p.m. weekdays 2 p.m.— 10 p.m. weekends & 2 p.m.— 5 p.m. bank holidays

2 p.m.—10 p.m. (Weekends) 2 p.m.—5 p.m. (bank holidays) **HOPE**Line**UK 0800 068 41**

2 p.m.—10 p.m. (Weekends) 2p.m.—5 p.m. (bank holidays **HOPE**Line**UK 0800 068 41 41**

2 p.m.—10 p.m. (Weekends) 2 p.m.—5 p.m. (bank holidays) **HOPE**Line**UK 0800 068 41**

p.m.—10 p.m. (Weekends) 2 p.m.—5 p.m. (bank holidays

2 p.m.—10 p.m. (Weekends) 2 p.m.—5 p.m. (bank holidays

2 p.m.—10 p.m. (Weekends) 2 p.m.—5 p.m. (bank holidays

2 p.m.—10 p.m. (Weekends) 2 p.m.—5 p.m. (bank holidays HOPELineUK 0800 068 41 Opening Hours: 10 a.m.—10 p.m. (weekdays)