

# Supports available over the Festive Period



If you or someone you know is at immediate risk of suicide, call 999

**SAMARITANS**

**Samaritans**

**116 123**

24 hrs a day

Every day of the year



**NHS 24 Mental Health Hub**

**111**

24 hrs a day

Every day of the year



**HOPELINE247 - Papyrus UK**

**Call: 0800 068 4141**

**Text: 88247**

24 hrs a day

Every day of the year



**Shout**

**Text 85258**

24 hrs a day

Every day of the year



**National Domestic Abuse Helpline**

**0808 2000 247**

24 hrs a day

Every day of the year

**childline**

ONLINE, ON THE PHONE, ANYTIME

**Childline**

**0800 1111**

24 hrs a day

Every day of the year



**Breathing Space**

**0800 83 85 87**

Mon - Thu 6pm - 2am

Fri 6pm - Mon 6am



**LGBT Health & Wellbeing**

**0800 464 7000**

Tue - Thu 12pm - 9pm

Sun 1pm - 6pm

(closed 25th, 26th, 1st, 2nd)



**Cruse Scotland**

**Bereavement Support**

**0808 802 6161**

10 AM - 2 PM

22 Dec - 2 Jan

