

Christmas isn't always merry

If you're finding it difficult to cope over the festive season, there are people who can help.

Call NHS 111 if you urgently need medical help or advice, but it's not a life threatening situation.

If you or someone else is at immediate risk of suicide or serious self harm or injury, call 999.

North East and North
Cumbria Suicide
Prevention Network
@StopSuicideNENC

Suicide EVERY LIFE
MATTERS
Prevention

If you need to ask for support, are thinking of harming yourself, or are worried about someone else, you can contact:

Samaritans 116 123 **Email:**

jo@samaritans.org

CALM Anonymous and confidential helpline & webchat, open 5pm to midnight every day
0800 58 58 58 **www.thecalmzone.net**

Shout 24/7 crisis text support service. **Text:**
85258

Childline 0800 1111 **www.childline.org.uk**

Papyrus HopelineUK. For young people under the age of 35. **Call:** 0800 068 4141
Text: 07860039967 **Email:** pat@papyrus-uk.org

You can also ring your GP and ask for an emergency appointment.