

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

Let's talk about it.

Our free national helpline offers confidential, practical advice and support for the prevention of young suicide.



SMS: **07786 209697**

email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**HOPELineUK 0800 068 4141**

Opening Hours: 10 a.m. - 10 p.m. (weekdays) | 2 - 5 p.m. (weekends/Bank Holidays)