

Help is at hand in Wolverhampton

Worried about
someone who
feels their
life is not
worth living?



Helplines

SAMARITANS



116 123
call FREE 24/7



samaritans.org



54 Newhampton
Road West
WV6 0RU



PAPYRUS
PREVENTION OF YOUNG SUICIDE



0800 068 4141



Text
07860 039 967



papyrus-uk.org

Take a minute, change a life

If you're worried about someone who feels their life is not worth living, help is at hand in Wolverhampton...

Take a minute to:

- notice what is going on with your family, friends, neighbours or colleagues
- reach out to the person and start a conversation if you notice something is different. For hints see www.papyrus-uk.org/conversation-starters-2
- Take FREE suicide prevention training at www.zerosuicidealliance.com/training