STOP suicide
Save a life. Choose to live.

NHS First Response Service: 111, Option 2 24 hr
(Cambridgeshire and Peterborough (UK) only)

Samaritans: 116 123 24 hr

Lifeline: 0808 808 21 21
(Cambridgeshire and Peterborough (UK) only)

HOPELine UK 0800 068 41 41 (for young people):

CALM 0800 58 58 58 (for men):

For other service timings, please see www.stopsuicidepledge.org
I pledge that I will:

- tell someone if I need help;
- be aware of the suicide warning signs in others;
- ask directly about suicide if I’m worried about someone;
- listen without judgement and do what I can to keep them safe.

www.stopsuicidepledge.org

CPSL Mind: Reg. Charity Number 265087