

Lifeline... crisis support

Is depression making you feel that suicide is the only way out of your particular problem?

Do you, for any reason, feel that you do not wish to seek professional help at this present time?

Would it help to talk with someone outside your family or friends?

Lifeline - an alternative to suicide

Web: www.suicidebereavement.co.uk/suicide_feelings

Email: lifeline@suicidebereavement.co.uk

If the answer to any of the questions is "yes" then perhaps Lifeline can help. It is made up of a group of volunteers who have been trained and have experience of helping those who believe that life holds nothing for them. We offer one-to-one support to help you over your particular crisis.

**We are only
a phone call
away on
01263
768604**



Offering care and one to one support

