

The word "Lifeline" is written in a bold, orange, sans-serif font. It is contained within a white speech bubble that has a tail pointing downwards and to the right. The background is a gradient from orange at the top to yellow at the bottom.

Lifeline

0808 808 8000

**If you're in distress or despair,
call Lifeline free on 0808 808 8000.**

Calls to Lifeline are answered by trained counsellors who can provide help and support. Counsellors are experienced in dealing with suicide, self-harm, abuse, trauma, depression, anxiety and many other issues.

Lines are open 24 hours a day, 7 days a week. Calls are free from all landlines and mobiles.