

STOP suicide

Save a life. Choose to live.

NHS First Response Service:

(Cambridgeshire and Peterborough (UK) only)

111, Option 2

24 hr

Samaritans:

116 123

24 hr

Lifeline:

(Cambridgeshire and Peterborough (UK) only)

0808 808 21 21

HOPELine UK (for young people):

0800 068 41 41

CALM (for men):

0800 58 58 58

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