

Every life matters

Someone you know may be at risk of suicide if they...

- **Talk about wanting to die**
- **Have been stressed and anxious and don't seem to be coping**
- **Appear careless, moody or withdrawn**
- **Have lost interest in their appearance**
- **Are using drugs / alcohol more**
- **Have recently experienced a negative life event**
- **Have lost interest in friends or hobbies**

Encourage them to talk to you and let them know you care by listening to what they have to say.

**If they have immediate
suicide plans call 999**

Crisis support:

Samaritans (24hr): **116 123**

Breathing Space **0800 83 85 87**
(Mon-Thu 6pm-2am, Fri 6pm-Mon 6am)

NHS 24 (out of hours): **111**

Hopeline UK (for young people):
0800 068 4141

Suicide Prevention App search for
SP Lanarkshire with your **App** provider



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