

Worried about someone  
who feels their life  
is not worth living?  
Help is at hand  
in Wolverhampton



## Helplines

**SAMARITANS**



**116 123**

call FREE 24/7



**samaritans.org**



54 Newhampton  
Road West  
WV6 0RU



**PAPYRUS**

PREVENTION OF YOUNG SUICIDE



**0800 068 4141**



Text

**07786 209697**



**papyrus-uk.org**

# Take a minute, change a life

If you're worried about someone who feels their life is not worth living, help is at hand in Wolverhampton...

## Take a minute to:

- notice what is going on with your family, friends, neighbours or colleagues
- reach out to the person and start conversation if you notice something is different. See [www.papyrus-uk.org/conversation-starters-2](http://www.papyrus-uk.org/conversation-starters-2)
- find out what help is available at: [www.papyrus-uk.org/worried-about-someone](http://www.papyrus-uk.org/worried-about-someone)
- Take FREE suicide prevention training at [www.zerosuicidealliance.com/training](http://www.zerosuicidealliance.com/training)