If you're feeling like you want to die, it's important to tell someone.

Help and support is available right now if you need it. You don't have to struggle with difficult feelings alone.

## **Phone a helpline**

These free helplines are there to help when you're feeling down or desperate.

Unless it says otherwise, they're open 24 hours a day, every day.

Information:

[Samaritans](https://www.samaritans.org/) – for everyone

Call 116 123

Email jo@samaritans.org

Information:

[Campaign Against Living Miserably (CALM)](https://www.thecalmzone.net/) – for men

Call 0800 58 58 58 – 5pm to midnight every day

Visit the [webchat page](https://www.thecalmzone.net/help/webchat/)

Information:

[Papyrus](https://www.papyrus-uk.org/help-advice/about-hopelineuk) – for people under 35

Call 0800 068 41 41 – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm

Text 07786 209697

Email pat@papyrus-uk.org

Information:

[Childline](https://www.childline.org.uk/) – for children and young people under 19

Call 0800 1111 – the number won't show up on your phone bill

Information:

[The Silver Line](https://www.thesilverline.org.uk/) – for older people

Call 0800 4 70 80 90