

Are you in distress or thinking about suicide?

Hope Point

24/7 compassionate support if you're in distress.

Freephone: 0800 955 0008

Text number: 01382 604 123

Drop in: 4 South Ward Road, DD1 1PN

Breathing Space

'Open up when you're feeling down'

Freephone: 0800 83 85 87

Monday - Thursday 6pm - 2am

Friday 6pm - Monday 6am



Samaritans

24/7 'whatever you're going through, a Samaritan will go through it with you'

Freephone: 116 123

SHOUT

Free, confidential, 24/7 text messaging service for anyone who is struggling to cope

Text SHOUT to 85258

NHS 24

24/7 If you need support with mental health distress.

Freephone: 111

**If your or someone else's life is at immediate risk,
phone 999 or go to your nearest A&E**



Download the mobile App:

www.suicidehelp.co.uk