

You Wouldn't Let Your Phone Battery Run Out !



Black Country Healthcare Foundation Trust

☎ 08000086516 (24/7 Helpline)



Papyrus

☎ 0800 068 4141 (Hopeline UK - 9am - 12am (midnight))

☎ 07860039967 (Hopeline UK - 9am - 12am (midnight))

@ pat@papyrus-uk.org

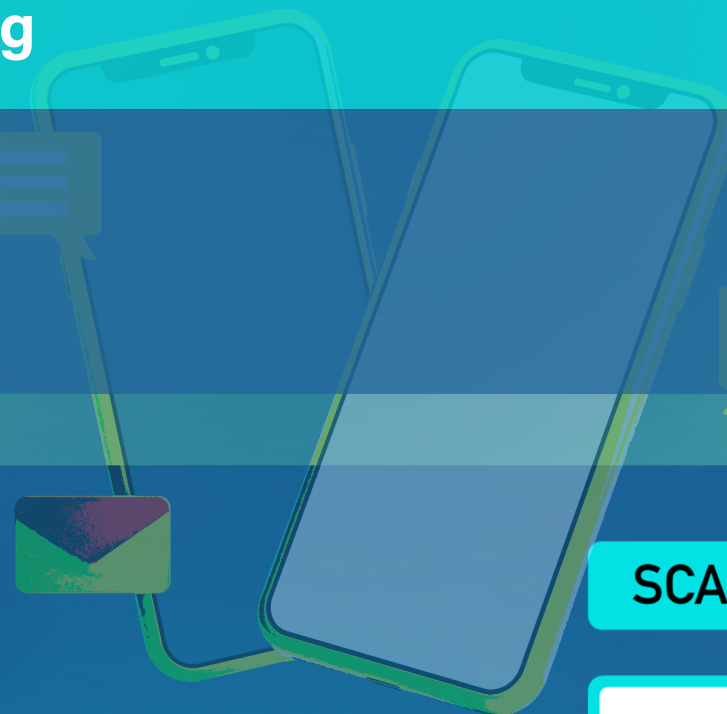


Samaritans

☎ 116 123

@ jo@samaritans.org

**Feeling down?
Recharge.
Talk to someone.**



SCAN ME



Sandwell
Metropolitan Borough Council