

# Are you, or is a young person you know, not coping with life?

Let's talk about it.



## PAPYRUS

prevention of young suicide

Registered Charity No. 1070896

HOPELineUK is a free national helpline, staffed by trained professionals who give confidential, non-judgemental support, practical advice and information to:

- Young people under the age of 35 feeling suicidal
- Anyone concerned that a young person they know may be at risk of suicide

**HOPELineUK: 0800 068 41 41**

**SMS: 07786209697**

**email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)**

**website: [www.papyrus-uk.org](http://www.papyrus-uk.org)**

**Opening hours: 10 a.m. – 10 p.m. weekdays  
2 p.m. – 10 p.m. weekends & 2 p.m. – 5 p.m. bank holidays**

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