

# SUPPORT IS AVAILABLE OVER THE FESTIVE PERIOD.



## Samaritans

**Call: 116 123**

Free confidential support for anyone, available 24/7, 365 days a year



## SHOUT

**Text: 'STW' to 85258**

Free confidential text support for anyone, available 24/7, 365 days a year



## Papyrus Hopeline

Free confidential support for children and young people under the age of 35, available 24/7, 365 days a year



**Call: 0800 068 4141**

**Text: 88247**



## Shropshire Rural Support

Free confidential support delivered by people with a farming background, available 24/7, 365 days a year



**Call: 0300 123 2825**

**Text: 'SRS' to 85258**



## The Silver Line Helpline

Free confidential support for older people, 24/7, 365 days a year

**Call: 0800 470 8090**



## Call NHS 111, Option 2

Urgent Mental Health Crisis, available 24/7, 365 days a year



Talk to someone wearing an  
Orange Button.

They know how to help.

FOR MORE  
ADVICE VISIT

